The Turn of Consciousness

– Love and One Inside Oneself –

Tomekichi Taike
Kayo Shiokawa

ISBN 978-4-908193-24-8
C0010 ¥ 2000E

Price: ¥2,000 + tax

9784908193248

1920010020005

UTA BOOK

Traditional thinking,
which regards the visible world
as real and disregards
the invisible world,
will never allow us to discover
our true selves or find true joy

The Turn of Consciousness

– Love and One Inside Oneself –

The Turn of Consciousness

– Love and One Inside Oneself –

Tomekichi Taike/Kayo Shiokawa

Copyright © 2025 by Kayo Shiokawa

All rights reserved. No part of this book, either text or illustration,
may be used or reproduced in any form without
prior written permission from the publisher.

First edition published in 2015

English translation, 2025

The reprinted edition was published by UTA Book Publishing in 2025

Publisher : UTA Book Publishing Incorporated Association

345-14 Mitsuyoshi Koryo Kitakatsuragi Nara 635-0823 Japan

English edition translated by Kowa Makimura

English edition translated with the support of ChatGPT

About the Authors

Tomekichi Taike (1926-2015)

Mr. Taike was born in Osaka, Japan in 1926. After retiring from his career as a high school principal in Osaka, he has been giving seminars on the subject of "Reflecting on Your Own Heart" and "Mankind is Consciousness" for over 30 years.
Books: Ishiki No Nagare, Zoku Ishiki No Nagare

Kayo Shiokawa (born March, 1959)

Ms. Shiokawa was born in Osaka , Japan in March 1959. In March 1991, she became a certified tax accountant and engaged in tax-related business. In 2015, she quit her job as a certified tax accountant and continued her seminar activities following the legacy of Mr. Taike.
Books:Arigatou, Ishiki No Tenkai, Ishiki No Nagare, Zoku Ishiki No Nagare and other books

Table of Contents

The Turn of Consciousness
– Love and One Inside Oneself –

Introduction *6*

1: How difficult is making the turn of consciousness ? *15*

2: The Foundation that Regards Form as Reality *21*

3: One inside oneself *31*

4: The energy that causes one to make the mistake of asking others for salvation *41*

5: Mistakes will be reduced to dust, starting our current lifetime *47*

6: A life full of mistakes *51*

7: We have always been loved and forgiven by ourselves *55*

8: How to feel true happiness *61*

9: Ask yourself *65*

10: Spend as much time with yourself as possible *71*

11: No one leads his/her life better than anyone else leads their own *75*

12: The truth can only be pursued by those who are truly strong *79*

13: Through one's mother *85*

14: Life was about letting go of what one has *93*

15: What kinds of things do you wish for ? *97*

16: How much effort have you been putting into allowing yourself to suffer ? *101*

17: A promise between me and my true self *105*

18: When the time comes *111*

19: Making the turn of consciousness will also help one grow as a person *115*

20: Leading one's life no matter how mediocre a life it may be *119*

21: Conclusion *125*

Afterword *133*

Introduction

Summary of Introduction

This introduction defines Turning Consciousness as a radical shift in how we perceive ourselves—from identifying with the physical body to recognizing that our true nature is consciousness, vibration, and energy. Like the Copernican revolution, it represents a 180-degree transformation in our worldview. Without this shift, even spiritual insight can remain trapped in illusion. As long as we believe the visible world is real, we misread life's events and remain misaligned. The core message is clear: true understanding and lasting change are only possible when we turn our consciousness. This foundational shift is the heart of the entire book.

Have you ever heard of the phrase "the turn of consciousness"?

Before asking you that question, I suppose I should have asked whether you ever use the word "consciousness" in your daily life.

You might be using the word in such phrases as "direct your consciousness toward something" or "change the orientation of your consciousness."

But have you ever heard of the phrase "the turn of consciousness"? I assume you haven't. Now, what does the phrase "the turn of consciousness" mean? I assume this phrase is new to many of you.

I admit it is a phrase we do not hear very often. Therefore, allow me to first state the following.

About thirty years ago, a seminar was held under the following theme: "Our true selves are invisible to our eyes. Our physical body is not our true selves. Instead, we are consciousnesses, vibrations, and energies that exist for eternity."

The single condition required to understanding the preceding statements was making the turn of consciousness.

The statements enclosed in quotation marks above cannot be understood by the mind. However, anyone can understand them with their heart. The statements above must be understood by one's heart; not by one's mind, but by one's heart. This point cannot be stressed enough.

In addition, although I pointed out what "The single condition required to understanding the preceding statements" were, some

people could be thinking, "But I don't think we all necessarily need to understand them." If this is what one is thinking, he/she is wrong; we all do need to understand the preceding statements with our heart. That is why we reincarnated this lifetime. That is why each of our mothers gave us birth. We were born to know our true selves with our own hearts. We need to first understand that is why each of our mothers gave us birth.

Now I would like to return to talking about such seminars. Over the past 30 years, an 88-year-old man named Tomekichi Taike, who lives in Minami Kawachi District in Osaka, Japan, has been holding seminars in regions across the nation.

"The turn of consciousness" is a phrase that has been being used at such seminars.

At such seminars, the meaning of the phrase "the turn of consciousness" has been repeatedly explained by referring to the concept "the Copernican Revolution."

I believe everyone understands what "the Copernican Revolution" is. It is a complete paradigm shift from the geocentric model of the universe, where the Sun orbits the earth, to the heliocentric model, where the earth orbits the Sun.

As indicated by the fact that the Copernican Revolution was used as an example to explain what the turn of consciousness is, making the turn of consciousness requires a 180-degree paradigm shift.

A 180-degree paradigm shift means more than just changing the way one thinks. It requires changing the way one views the world, or changing the basis of one's life. Note that I used the

word “basis”; one needs to change his/her “basis” of life.

Now, let me explain what it means to change the way one thinks and views the world to smoothly make that change.

When explaining what the turn of consciousness is, Mr. Tomekichi Taike compared the geocentric model of the universe to the tangible world, or a world where those living in it believe whether one is happy or not has to do with how well he/she is doing in the visible, audible, and touchable world. On the other hand, he compared the heliocentric model with the intangible world, or a world where those living in it see the physical world as one that will eventually disappear and seek joy and happiness in a non-physical world. Then, Mr. Tomekichi Taike stated we are all born to make the turn from believing in the geocentric model to believing in the heliocentric model, or to make the turn of consciousness.

The study of the heart taught by Mr. Tomekichi Taike concludes that without making the turn of consciousness, one cannot understand the true joy and happiness of humankind and the reason humankind exists in the first place.

In addition, Mr. Tomekichi Taike says that we are all consciousnesses, vibrations, and energies that exist for eternity. However, that statement must also be difficult to understand.

Mr. Tomekichi says that our physical bodies are not our true selves. He says we are instead invisible. However, this statement must also be impossible to accept as true since we actually have our physical bodies. If an invisible world does exist, since it is invisible,

whether or not such a world exists would be difficult to judge.

There are people who are more sensitive than others and able to feel things with their heart. Such people must likely be feeling the existence of an invisible world. Records show that people have believed in the existence of souls and been practicing mediumship for many years. People today seem to be extremely interested in mysterious powers. In other words, there have always been people interested in and speaking about the existence of an invisible world, or a non-physical world. However, if asked whether that means that such people believed that the invisible, non-physical world was the only true world, I would have to say, "No." Rather, I believe that such people are at the risk of making a big mistake.

Now, you might be wondering why I say so.

Such people could be making a big mistake because they have not yet made the Copernican Revolution, or the turn of consciousness. Allow me to explain what I mean by this. Those who advocate the existence of an invisible, non-physical world but have not made the turn of consciousness believe that their physical bodies are themselves. Therefore, naturally, the ways in which such people think and view the world would be based on their belief that the physical world is the true world. The statements that such people make about the invisible world—whether it be that they felt the existence of a spirit, soul, or power of the universe and/or communicated with the dead—are based on a wrong premise. In addition, the situation is actually worse, because by making such statements based on the wrong premise

that one is his/her physical body, such people are generating dark energies without even knowing what it means to produce dark energies, and this eventually causes their own unhappiness. If one keeps generating dark energies, becoming unhappy is only natural and inevitable.

Because such people are more sensitive than others, they would see things unseeable to others and hear things inaudible to others, which would then lead them to consider themselves as being special. By "themselves," here, I mean their physical selves. Subsequently, most people would think, "I can see things that others can't," and become proud of themselves, and eventually get carried away. They would lose self-control, and without the knowledge of why they can see and hear things that others cannot—and most likely without even trying to figure out why—they would become increasingly proud of themselves as being special. Therefore, if such people keep allowing themselves to wrongly feel special, they will almost certainly become hospitalized and/or become involved in some kind of incident. This is because they come to only listen to voices that resonate from inside themselves, which are only expressing their own thoughts. The problem is that these voices/thoughts are what I earlier referred to as dark energies. Listening to such voices, and thereby allowing oneself to be controlled by such dark energies, is the same thing as reducing oneself to a puppet. That is why such people, having lost control of themselves, hurt themselves and those around them. That is the cause behind recent unprecedented incidents we have

come to often see on the news.

In addition, such people who allow themselves to become puppets of dark energies are making an even bigger mistake. Because they are more sensitive than others, they make the big mistake of misunderstanding their conditions as meaning that they have an important mission of leading and saving others. They make such a big mistake because they do not know how to reflect on their hearts nor know the existence of the dark energy driving them to try to lead and save others. Of course, because such people are motivated by the sense of having a mission, those around them would never expect the energy driving them as being dark. The dark energy inside them says to them, "You are right and great. You have an important mission. You are special." Once one becomes a puppet of their dark energy, he/she falls into a dark tiny hole, unaware that he/she is being driven by his/her ignorance, ego, and desire to feel special. In addition, such people usually allow themselves to boost their ignorance, ego, and desire to feel special because they come to want to feel and find out more about the invisible world and they thereby try to listen to that voice of dark energy so that they can feel more special by misbelieving that they are leading and saving others. Once people begin to see and hear things that others cannot see and hear, they usually come to believe they are special and thereby great. Subsequently, they unfortunately begin to think they have an important mission, allow themselves to believe so, and try to lead and save others, thinking that they are doing the right thing. That is the mistake that gurus, founders, and

leaders of religions make.

As long as one believes that the physical world is the real world, he/she will never be able to understand why it is wrong to try to lead and save others. If one makes this mistake, he/she will likely be unable to understand why there is no such thing as a person with an important mission.

Such people would also be unable to admit that they could come to believe they have an important mission of leading and saving others. They would also be unable to admit that coming to believe so is an arrogant thing, or a thought driven by the energy of darkness. One would definitely not be able to imagine nor admit he/she is radiating such filthy aura.

However, as long as one leads his/her life based on the belief that they physical world is the real world, he/she will invariably be radiating the energy of darkness imbued with a filthy aura. Such person's energy of darkness is the cause of all negative phenomena that occurs to himself/herself. Of course, such negative phenomena are signs trying to help the person realize that he/she is making a big mistake. In other words, such phenomena could be called realization-promoting phenomena. Therefore, although such phenomena would seem negative as long as one believes himself/herself as being his/her physical body, the energy underlying such phenomena is always positive.

Although I have just used the phrase "negative phenomena," in fact, there is no such thing as a negative phenomenon. Of all events that happen to us, some are seen as negative by those who

believe that the physical world is the real world, because such events cause some type of destruction to their lives.

This point cannot be repeated enough: "All events that happen to us are always positive." Yet, why are we all unable to see them as always being positive and learn from what happens to us? I would like to state that the problem lies in the person experiencing such so-called negative events. The experiencer needs to change the basis of his/her life.

Next, allow me to return to talking about the aforementioned seminars.

More than 30 years have passed since the very first seminar had been held. Over those years, a lot of time and energy were invested in holding tens and hundreds of seminars. However, practitioners of this study of the heart have not yet been able to make the turn of consciousness.

You might be wondering, "Why haven't they? And why can't they come to understand the truth without making that turn of consciousness?"

The following statement, despite being just one sentence, is extremely difficult to understand with one's heart: Our true selves are consciousnesses, vibrations, and energies.

Another statement that has been made over and over again in this study is as follows: No one else can save you but yourself.

I assume some readers must have heard or read similar statements someplace else.

However, two similar statements can mean completely

different things depending on whether the statements are made by a person who leads his/her life based on the physical world or on the non-physical world. What a statement means, in this sense, is not the words being used but the vibrations being sent.

Now, please ask yourself whether the vibrations you send are positive or negative.

In the following, I would like to prove to my readers that the turn of consciousness and the vibrations that one sends are the keys to all questions that one may have in life.

1: How difficult is making the turn of consciousness ?

Summary

This chapter explains that "Turning Consciousness" is not simply about changing one's thinking or values, but about making a complete 180-degree shift in the very foundation from which we perceive reality. As long as we see the visible, physical world as real, even profound personal experiences cannot be considered true transformation. This is why, despite years of study and countless seminars, many still struggle to make the real shift. Yet the author does not lose hope. Believing that this is the only path to truth, they continue to speak from the heart. The journey begins not with grand revelations, but with the simple story of an ordinary person.

In the preceding "Introduction," I referred to the phrase "change the orientation of your consciousness," which is generally understood to mean to change the way one feels about something, change the way one views his/her surroundings, change one's way of thinking, or change one's values.

That said, changing the way one feels about something, changing the way one views his/her surroundings, changing one's way of thinking, and changing one's values are said easier than done. One may feel like some change has been made inside himself/herself, but such changes are usually temporary; our hearts do not so easily change.

In other words, the tendencies of the way we feel about things, or the tendencies of our hearts, do not so easily change.

Like the sayings "Danger past, god forgotten" and "Ending up in square one," the tendencies of the way we feel about things and the tendencies of our hearts do not so easily change. This is because they are literally "tendencies"; I assume most people who think they made a fundamental change find themselves back in the same state after some amount of time.

Making the turn of consciousness is as difficult as is changing the tendencies of our hearts. This is because making the turn of consciousness is not the same thing as changing the orientation of our consciousness. Although making the turn of consciousness will lead to changing the way one feels about something, changing the way one views his/her surroundings, changing one's way of thinking, and changing one's values, making the turn of consciousness, as I

stated in the "Introduction," means to make a 180-degree paradigm shift in the basis of one's life. Making the turn of consciousness means to change one's basis of life. No matter how much one changes the way he/she views his/her surroundings or changes his/her values, if his/her basis of life remains the same, that is not the same thing as making the turn of consciousness.

Some people may have experienced a narrow escape from death that led to changing their view of life and the world and their values. However, if I were asked whether that is the same thing as making the turn of consciousness, I would have to say, "No, not at all."

Narrow escapes from death and other eye-opener experiences do provide those that experienced them with opportunities to reconsider their values and make life-changing decisions. However, I believe even experiencers of such events still believe that the physical world is the real world. Those who have undergone events that led them toward the realization that the real world is not the physical world would have been guided, one way or another, toward this study of the heart. This is because the study of the heart taught by Mr. Tomekichi Taike is the only practice that shows us the truth. Therefore, I believe that those who have been guided toward this study of the heart will repeatedly undergo eye-opener experiences that orient their hearts toward the true world. However, I have not yet met such people.

Therefore, some people may believe they have undergone eye-opener experiences and thereby decided to make a new start. However, I believe the new starts they made are not the same thing as the turn of consciousness. I believe a large gap lies between the two.

Some people may have had a near-death experience and thought, "I will take this narrow escape from death as an opportunity to live my life as a new person." However, I do not believe such an opportunity would be enough to help them change the basis of their lives. Of course, I know that experiences that leave you with the feeling that you are not your physical body are rare. Experiences that leave you with such a feeling would most likely have to do with events involving people's lives and deaths. In addition, the events would need to be of the type that occur out of the blue, rather than natural deaths, by which I assume readers know what I mean. I believe the type of eye-opener experience that could help people change the basis of their lives are only that which involves their lives. Our belief in the physical world as the real world is so strong that to prove us otherwise would take an event that could take away our lives.

Even if one undergoes a narrow escape from death, if one takes the first step toward the study of the heart with the wrong foot, the life that one would lead from there would be completely wrong as well. If one starts his/her study of the heart with the wrong foot, the path he/she will follow thereafter will of course be wrong. No matter how much time one invests in the study of the heart, if he/she starts his/her study with the wrong foot, unless he/she corrects his/her mistake, the outcome would inevitably be wrong.

A person may think his/her eye-opener experience provided him/her with an opportunity to lead his/her life as a new person. However, unless he/she changes the basis of his/her life, I believe such an experience would hardly make any difference. Having an

eye-opener experience and thinking the experience changed his/her view of life without changing the basis of one's life is not the same as making the turn of consciousness being discussed in this book.

However, the general public likes stories where a person undergoes a life-changing experience. People in general sympathize with and even become moved by such stories.

After hearing such life-changing stories, people usually say things like "I feel refreshed," "I was moved," "The story was very refreshing," "The story gave me the courage to continue on with my life," "I was really inspired by the story," and/or "I will also try to make a difference in the lives of others."

If one leads his/her life based on the belief that the physical world is the real world, he/she will naturally feel sympathetic toward such life-changing stories. However, if one led his/her life based on the belief that the non-physical world was the real world, outcomes would be the other way around. I earlier said that unless one changed his/her basis of life, having life-changing experiences would hardly make any difference, and I believe the same goes to those who tell life-changing stories and others who sympathize with such stories. They will all go to hell. I cannot stress the following point enough: "Whether one will be able to understand the joy and happiness of humankind depends on whether one can change the basis of his/her life."

Even those who have pursued this study of the heart for 30 years are still unable to make that change. Thirty years is a long time, and there have been many, many seminars held over those years.

Seminars were held all over Japan, in the U.S., and in South Korea.

Of course, those who attended such seminars seriously tried to understand whom they truly are and what the purpose of their lives is. Unless they had seriously tried, seminars would not have been held over 30 years. Seminar practitioners had trouble making progress for a number of reasons, including the very reason they began to pursue this study of the heart in the first place. However, I believe they continued pursuing the study over 30 years because they felt with their heart that the study teaches the truth.

Nevertheless, making progress in this study is not easy. Making progress in the study of the heart is hard enough for those pursuing it; so it goes without saying that it would be impossible for those not pursuing the study to make any progress in making the turn of consciousness. In fact, when introduced to this study, those not pursuing it show absolutely no interest at all.

Do not get me wrong, I am not disappointed in people not pursuing this study. I know it will take more time before more people come to be interested in this study. In addition, I have unwavering confidence in what I am feeling with my heart. That is why, despite knowing the difficulty underlying this study, I keep typing on my keyboard.

However, I also know continuing to stress the difficulty underlying this study on and on will not make a difference either. Therefore, in the following, I would like to take myself as an example and talk about my own case.

2: The Foundation that Regards Form as Reality

Summary

This chapter describes the dominant worldview—called Foundation A—in which the visible, material world is seen as the only reality. In this framework, identity is shaped by name, appearance, possessions, and social roles, with money as the ultimate measure of success. Even compassion becomes conditional, and human life itself is commodified. Although people may seek comfort in religion or peace agreements, true resolution is impossible without turning inward and recognizing the energy within. Foundation A, though widespread, is fragile and destined to collapse. The author calls on us to awaken to the flow of consciousness and rediscover our true selves—not as forms, but as living, unseen consciousness.

I assume those who are new to this study of the heart may be thinking, "What does the writer mean by 'the basis of your life?' or by 'changing the basis of your life'?"

Now, to answer these questions, I first need you to consider the following.

First of all, there are two types of bases.

The first type is visible to the eye, audible to the ear, and touchable with the hand, or in other words, exists in the tangible world. Allow me to refer to this type of basis as "A." The second type of basis exists in the intangible world and thereby has no form but is able to be felt with one's heart. I will refer to this type of basis as "B."

Almost everyone currently leads their lives on the basis of "A." Without stopping to question another possibility, most of us believe that the physical world, which is visible and audible, is the real world.

We assume such roles as spouses, mothers/fathers, and children, based on the basis of "A." In addition, presidents of companies, politicians, those with other jobs, and others out of work, all lead their lives on the basis of "A."

In addition, we all distinguish ourselves from others, based on our facial appearances and other physical features. We also all have names, with which we distinguish ourselves.

In this way, the physical world is based on tangible features of the world. That is the world seen on the basis of "A."

We perceive ourselves and our surroundings based on physical features and try to pursue happiness in the physical world by finding the meaning of life, a reason to live, and a goal to accomplish during life. This has always been the same.

In the physical world, the indicator most often used to judge whether one is doing well or not is money. The most prominent feature of the world seen on the basis of "A" is that it is based on money.

People tend to think that everything will turn out alright as long as they have money. That is why people fight with one another over money, often getting themselves involved in crimes and other felonies.

In addition, people may say fine-sounding things, or what they believe is justice. However, at the end of the day, they will say, "Hand over the money," and even go to court if doing so would guarantee them more benefits.

That is the world we live in today. Everyone must be aware by now that all problems are centered around money. At the same time, we know that money will not resolve all of our issues, and we probably do not like the idea that everything is centered around money. However, everyone is interested in money, and money is something that we cannot do without.

In fact, most people likely believe they can buy almost anything with money. Most people likely believe money will allow them to lead happy lives. That is how civilized people in the modern world are today.

If there is something that money cannot buy, it must be things

like people's feelings and true kindness. However, people today may even sell such things for money. Can anyone honestly say they would not sell their feelings and kindness for money?

Our feelings could be pure at first. No one would likely be thinking about betraying another at first. However, would people's relationships be maintained harmoniously even after money comes into the picture? One might say, "I would never sell my soul for money," thinking it sounds neat to say so. However, as long as one believes the physical world as being the real world, I believe one would not last long at refusing to sell his/her soul for money. In fact, I believe many people openly act in accordance with the saying "When poverty comes through the door, love goes out the window."

Another thing that we cannot buy with money is eternal life. On the other hand, in the event of an emergency, our lives can be saved with money. Those who have money can receive expensive treatments with advanced technology, while those without money cannot. So the value of our lives also depends on money.

To those who believe the physical world as being the real world, saving lives and being saved from death seem to have special significance. That is why such people seem to hate to hear about rescue attempts ending up unsuccessful.

The saying that best reflects the thoughts of those who believe the physical world as being the real world is as follows: Life matters the most.

Another prominent feature of the world seen on the basis of

"A" is that wars never disappear. No matter how seriously we hope for peace, hope to be on friendly terms with one another, make an effort to holding meetings with each other, and try to find win-win solutions to our issues, in a world based on the basis of "A," putting an end to the negative energy of war is unfortunately impossible. This has already been proven by the history of humankind.

By war, in this context, I do not only mean combats that kill people in an instant with missiles and guns. We tend to think that wars are taking place in such contexts where people kill each other; however, wars take place in our hearts.

Criticizing, attacking, and trying to destroy others and radiating negative energies on one another in the process is what war is in the world of consciousness.

In the world seen on the basis of "A," it is not an exaggeration to say that we are all continuously radiating negative energies of war.

We may say, "All people are created equally"; however, as long as one believes the physical world as being the real world, all people are created unequally. Everyone does not look exactly the same; we are shaped differently, and that is only natural. We rather need to be shaped differently so that we can wrongly compare ourselves with others and feel the ugliness of our hearts. However, as long as one's life is based on the basis of "A," one would not be able to welcome the fact that we are not created equally.

In the physical world, people are different in all kinds of ways: Social status, honor, property, health, intelligence, and beauty. In real life, since everyone leads their lives based on the basis of

"A," everyone would be more or less hoping to lead their lives superficially happier, richer, and brighter. That is why everyone comes to think the primary condition for leading a happy life is to be economically competitive, intelligent, healthy, and beautiful. We all make great efforts to meet that condition. We even spend our entire life trying to meet that condition, competing with others throughout our lives.

On the other hand, I believe there must be people feeling that the development of technology has made life uninteresting. Some people have chosen to actively pursue their own pace of life.

However, will leaving the cities, where they believe is full of people's greed, to live in the countryside with nature enable them to lead more interesting and comfortable lives? If asked this question, I would have to say, "No." Moving to the countryside to live with nature will not enable one to quit competing with others in one's heart. Where one lives—whether it be in the cities away from nature or in the countryside with nature—does not make a difference, because what matters is the condition of the person's heart, or the type of vibrations the person sends out to the world. The vibrations sent by the person is what makes differences in his/her surroundings. If one continues to send out negative vibrations of darkness, he/she will eventually cause incidents that will come to involve those around him/her. People seem to think such incidents just happen one day out of the blue; however, they do not. Such incidents are phenomena that do have causes. They occur wherever they do, because those places in which they occur need to undergo

such incidents. When such incidents occur, we are supposed to learn from them. However, we are no longer even able to recognize such incidents as containing some lesson for us, because we have come to lead our lives far away from the truth.

We lead our lives without even wondering why we were born, what the purpose of life is, who we truly are, what kind of existences we are, and what happens to us after we die. While we are alive, we all lead our own lives. However, once we die, the world of our own vibrations will become the world in which we live.

Crimes happen even in the countryside with small populations, where people tend to be kind to one another and maintain strong relationships. Large cities, where people do not even know their own neighbors, have their own problems, which often stem from indifference. However, the countryside also has its own problems of straining their hearts to preserve old customs and practices and being exclusive to outsiders. In other words, wherever one lives, problems will come bursting out from oneself as a darkness underlying his/her own heart. Such problems will surface as long as we wrongly believe that the physical world is the real world. What is wrong will eventually be made right.

In addition, tangible objects cannot be preserved in the same states forever. Tangible objects will eventually be reduced to dust and then disappear. I believe this fact proves that the physical world is not the real world. Despite knowing that everything will eventually be reduced to dust, we have made the mistake of devoting ourselves entirely to the physical world. But why have

we made such a mistake. We have foolishly and pathetically been pursuing short-lived luxurious glory in the destined-to-crumble physical world. We have been extremely foolish and pathetic.

People with weapons and ammunition killing one another is the most prominent example of wars being fought in our hearts. People at war kill each other in the name of god and justice.

I do not understand how people can kill one another in the name of holy war, but I guess that represents the condition in which our hearts are today.

We constantly radiate the energy of war in various forms, ranging from wars between nations and clans to spouses.

Each side has its own belief, opinion, and standpoint. We go to war because we each believe in such ridiculous non-existing entities as god(s), Buddha, or some other power. However, those believing in a god, Buddha, or other power think that the god, Buddha, or the power they believe in is above all others. Unless we look into our hearts and reflect on the energies we have been radiating, we will never come to understand what kind of existence such god(s), Buddha, or other powers are. Until then, we will keep seriously thinking that the god, Buddha, or the power we believe in is the best existence in the world. That is why we tend to be unable to rid of such god(s), Buddha, and powers, the believing in which has come to be one of the tendencies of our hearts.

We have been leading our lives without knowing the type of energy the tendencies of our hearts are radiating.

Because we believe in such ridiculous non-existing entities as god(s), Buddha, or some other power, even if two people with clashing interests come to agree on a conditional compromise, there will remain some unresolved conflict within their hearts. Just because the two sides reached some kind of an agreement does not mean their energies aimed at attacking one another has disappeared. Instead, both sides retain their energies aimed at attacking each other. That is why we have never been able to agree to assimilate into one, regardless of how superficially happy and rich we had previously been.

We see this greedy aspect of ourselves everyday on the news.

I believe people should already have realized that something is wrong and that they might themselves be insane. However, because we all believe the physical world is the real world, wars between ourselves that we witness on the news everyday are still not enough to help us realize that we are wrong and insane. The basis based on the belief that the physical world is the real world has been established that strong.

On the other hand, believing that the physical-world-oriented basis of our lives as being established unwaveringly strong is also wrong. Our physical-world-oriented basis of life is in fact a castle built on sand that can easily be destroyed by a blow of the wind and a shake of the ground.

Therefore, the world is headed in the direction in which changes will take place to help us destroy our physical-world-oriented basis of life. Those practicing the study of the heart

taught by Mr. Tomekichi Taike call this direction in which the world is headed "the flow of consciousness." The study of the heart tells us that we need to return to our true selves who are able to feel this flow of consciousness with their heart.

3: One inside oneself

Summary

This chapter explores the idea that our true identity is not our visible body, but the invisible consciousness within. Though people recognize their thoughts and feelings, they still cling to outward appearances and seek approval from others. Real healing begins when we turn inward to face our true emotions—both light and dark—without denial. Each of us holds multiple inner selves, and learning to live honestly with them brings balance. In doing so, we fulfill our roles in life not from duty or ego, but from genuine love. Even our darker parts can be embraced safely when guided by warmth and awareness.

We have for long believed our true selves as being our physical bodies.

Therefore, as I mentioned earlier, even if we are told that we are not our physical bodies but instead invisible, we would not be easily convinced into believing so.

That said, I think we all believe there is an invisible world of the heart, or at least think there could be such a world. I can say so because I know that we all feel all kinds of feelings surfacing from inside ourselves.

I assume we all agree that the place we feel all kinds of feelings is our heart.

Therefore, to consider whether there is such a thing as a true self inside oneself, let's think about our own heart.

First of all, I believe the heart is generally understood as being invisible. In addition, I believe, if you were told that your heart belongs to yourself, most people would agree. However, what if you were told that your heart is who you are?

The world of the heart does exist and your true self to whom your heart belongs also exists. However, you believe that you are your visible self with a certain height and weight. If you were given a description of the world of the heart in which your visible self exists, you might be able to agree with it as one possibility. However, what if you were told that your heart is who you truly are? Can you believe that you are nothing other than your heart? I assume most people are unable to agree that they are their

hearts. Most people would be unable to agree, because the heart is invisible to the eye, and they believe they are their visible selves.

In addition, the heart tends to direct itself outside itself. Unless we take control of our feelings, our feelings tend to become directed outside ourselves. Most people care about what others think of them. Most people feel lonely when alone, and most people think they want to be connected with the world in some way. On the other hand, there are people who are scared to interact with others. These people tend to not want to see the world as it is. They tend to consider the actual world as being uninteresting and tend to indulge themselves in the virtual world. Both types of people share the tendency of directing their hearts outward.

On another note, have you ever felt your heart as being tired? I assume some readers might know what I am talking about. The hearts of those who tend to direct their hearts outward easily get tired. There are people who get angry quite easily. In addition, most people feel comfortable with the knowledge that they are connected with the world, know what others are doing, think in the same way as others, and share the same opinion. There are also people who spend much energy on gathering information and sharing it with others, not wanting to be left behind. Consequently, these people will inevitably be comparing themselves with others, allowing their hearts to become tired. Naturally, such people would come to think they want to feel relaxed or be healed, and if their wish to feel relaxed or be healed cannot be met, the general view is that they will feel more stressed out, which then would adversely affect their physical conditions and/or

relationships with others. I completely agree with the general view on this point. People's hearts become tired from comparing themselves with others, which is why they look for places where they can relax, be healed, and get away from everyday life. In other words, they try to secure some time to reenergize themselves so that they can go back to comparing themselves with others the following day.

However, putting oneself in a place where one can feel relaxed, be healed, and/or escape from everyday life is only a temporary solution. Doing so will not truly allow one to be healed or feel relaxed. One may be healed or feel relaxed temporarily; however, sooner or later his/her heart will go back to being influenced by the outside world.

Therefore, the study of the heart taught by Mr. Tomekichi Taike teaches practitioners to switch from directing one's heart outside oneself to directing it inside.

Regarding how we can make this switch, since the heart is where we feel all kinds of feelings, we need to begin by turning our thoughts toward our heart. In other worlds, we need to pay attention to the thoughts that our hearts allow to surface. That is what is meant by directing one's heart inside oneself.

Listen to what you are thinking. Listen whether you are directly expressing yourself or indirectly expressing yourself. You might be saying the opposite of what you actually want to say. First begin by checking such aspects about yourself. In addition, after you recognize how you tend to think and express yourself, ask yourself whether you think that you might be suffering. If such thoughts as "I am suffering" or "You are lying to yourself" surface, continue to ask

yourself why you think you are suffering or lying to yourself.

If you find it hard to understand what it means to direct one's heart inward, the reason is that our hearts naturally tend to direct themselves outward. Unless we look after our hearts properly, our hearts will naturally direct themselves outward.

In other words, we naturally search outside ourselves for criteria to base judgements about ourselves. We tend to see ourselves through the eyes of others. All of us are more or less interested in how others see and judge us. In addition, we may try to figure out what others are thinking about ourselves, but we hardly consider what we think of ourselves. That is why we find it difficult to understand that a true self exists inside ourselves.

So even if we were told, "Your heart is who you truly are," we find it hard to believe so, and the same goes to being told, "Our true selves are invisible to the eye." Some of us may even laugh at such ideas.

Some people may refuse to accept such ideas; others may choose to ignore them. No one would likely accept them right away when first told. Inside every one of our hearts exists a large number of ourselves from past lifetimes in the dark and unaware of the truth, and all of us from our past lifetimes are refusing to accept the fact that our hearts are our true selves and that we are invisible. However, I assume, even when told so, readers who have not yet taken up the practice of reflecting on their own hearts would find it hard to believe so.

Those who have learned of this study of the heart through some opportunity, taken up the practice of reflecting on their own heart,

and continued doing so on a daily basis may come to think, "We might be our own hearts and invisible existences." However, moving on from that stage where one thinks, "We might be," to the next stage where one comes to think, "We are," will take much more time and practice of reflecting on one's own heart.

The large number of yourselves inside your heart have all spent their lives on establishing their belief that the physical world is the real world.

To tell such large number of yourselves, "We are consciousnesses and we are all the same," would mean telling them to accept that they were wrong about believing the physical world as being the real world, so yourselves would naturally choose to refuse such an idea. This is because accepting that one was wrong about believing the physical world as being the real world would mean to accept that one made a mistake and that one was not a perfect existence after all.

The first thing we need to do is face ourselves inside our heart and understand with our heart our current condition. Because we have believed for so long that our physical bodies are ourselves, our belief that the physical world is the real world is extremely strong. This belief of ours will not shatter very easily.

Trying to destroy this belief system of ours from outside with a wooden hammer would not work. Doing so could put a crack in our belief system, but a crack would be fixed right away by ourselves. We are extremely alert about defending our belief system. Because we have been believing so strongly that the physical world is the real world, seeing our physical world fall

apart is our deepest fear.

So ourselves inside our hearts choose not to hear what we try to tell them. They choose to remain in the same state as before and refuse to allow us to take charge. They may say, "I am god. I am a perfect being"; however, what they truly are is the frog in the well, which knows nothing of the great ocean.

In addition, once their belief system begins to break down, such people begin to completely ignore things generally accepted as common sense in the physical world. They behave in such a way because all their dark energies that they had been putting a lid on for so long surface at once, causing them to think that they are god and can do whatever they want to. When people arrive at this state, they come to do things that those who believe the physical world is the real world will find it hard to believe as being their behavior. When their dark energies surface, people will begin to say and do things that make no sense, most likely even causing themselves confusion. However, people come to act in such a way because they are being controlled by their dark energies; thinking that they are being controlled by another person would be wrong. They are the ones controlling themselves. However, the person being controlled by his/her dark energies, as well as those around him/her, would most likely not know that they themselves are controlling themselves and thereby think some other mysterious power has taken control of them. Unless those who believe the physical world as being the real world has some preparatory knowledge of what to do in cases of such emergencies, when the conditions needed to shatter a person's

belief system comes to be met, he/she will begin to behave as if he/she has gone insane. This state could be described as the person having lost his/her compass that had been guiding him/her.

Another important point to consider is those who witness others behaving as if they have gone insane. How many of those who witness such people would come to think what they are witnessing is the condition of their own hearts and think they are no different from the person who is behaving as if insane. Most people, because they strongly believe that the physical world is the real world, would tell themselves, "That insane person and I are not the same." They would tell themselves, "Whatever is happening to that insane person has nothing to do with me. I am sane and intelligent enough to control myself."

However, once the conditions needed to shatter a person's belief system are met, the phenomenon of dark energies inside a person surfacing at once is something that could happen to anyone, including those who consider themselves as being perfectly capable of controlling themselves.

Please look into your heart and ask yourself the following: "Could it be that there are different aspects to me, where some aspects of myself are nice but other ones are like devils and demons?" Please turn your thoughts toward your true self inside yourself. I assume everyone more or less knows that there are two sides to themselves. However, how would you respond if asked whether you feel with your heart that there are a large number of yourselves inside you and you exist along with that large number of yourselves?

Have you ever heard of the phrases "past lifetimes" and "future lifetimes?" There are people who believe in reincarnation and like to talk about their past lifetimes and future lifetimes. However, such people likely only like to recall the days they lived in their past lifetimes and like to talk about how their future lifetimes will turn out to be like; they likely do not know that they are currently living along with themselves from their past and future lifetimes.

In addition, even those who know there are many aspects to themselves would likely try to hide their devil-like and demon-like sides deep down inside their hearts. Most of us would probably agree there is no need to act like a nicer person than one actually is. However, at the same time, most of us would not want to go out of our way just to damage our reputation. We all want to try to be a good person, who can recognize others' needs, help others, and understand the feelings of others.

Consequently, some people will come to know their way around the world, and those who come to be good at getting their way will likely lead a fun life.

However, that is not the way we are not supposed to lead our lives. I am not saying that we should go out of our ways just to get into trouble with others. However, we need to reflect on our devil-like, demon-like selves. Doing so is what it means to redirect our outward-oriented hearts inwardly. We should not be spending too much time on becoming good at getting our way. Instead of becoming good at knowing one's way around the world, I would like to recommend becoming good at knowing

one's way around their true selves. Instead of trying to be a good husband, wife, parent, and/or child, we need to first reflect on our true selves before playing each of our roles in life.

If one comes to know his/her way around his/her true self and comes to be able to serve his/her role in life, I believe, he/she will naturally become a truly good person. Such a person would not go out of his/her way to suck up to others. Instead, such a person would be honest and nice just by being his/her true self.

If one becomes such a person, when his/her devil-like, demon-like side surfaces, it will be doing so through a filter of warmth. Therefore, there will be no need to put a lid on such devil-like, demon-like sides of ourselves. If one arrives at the state where he/she can be a nice person just by being his/her true self, one will not cause trouble with others even if his/her devil-like, demon-like side surfaces. Once one comes to understand the reason one was born and understand the meaning of life, he/she will come to know there is no time and energy to waste by causing unnecessary trouble.

One will also come to know the unimportance of labels, such as husbands, wives, parents, and children in cooperating in leading one's life together with others.

One may try to keep a lid on the large number of one's selves inside oneself and act as if one were great and perfect. However, as one continues pursuing the study of the heart taught by Mr. Tomekichi Taike, he/she will come to know that the oneself that he/she thought was great and perfect was nothing but the frog in the well, which knew nothing about the great ocean.

4: The energy that causes one to make the mistake of asking others for salvation

Summary

This chapter reveals that all human beings, across countless lifetimes, have been immersed in "other-power energy"—the habit of seeking support from external forces such as gods, beliefs, or even comforting experiences like art or music. Whether one is religious or not, this dependence persists in subtle forms. The key is not to reject it harshly, but to recognize it honestly and begin shifting that energy inward. True transformation begins when we awaken to the love already within us. The author urges us to reclaim our energy from the outside world and return it to our own conscious heart—where real change begins.

What do you think the energy that causes one to make the mistake of asking others for salvation is? Because we all came to believe that our physical bodies are ourselves, all of us without exception are full of the energy that causes us to make the mistake of asking others for salvation. In addition, all of us means "all of us," including not only those who like worshipping god(s), Buddha, and some power of the universe but also others who do not necessarily worship such entities. Humans have for long been generating such energies that causes us to make the mistake of asking others for salvation.

Therefore, please ask yourself the following: "Do you have a particular entity that you worship? Even if you don't, don't you still have something that you turn to for support when in trouble?"

Recently, Japan has also began to see horrifying incidents involving religions. Likely due to such incidents, people tend to avoid getting themselves involved in religions or tend to deal with religions with caution. Nevertheless, if you have something to turn to for support when in trouble, whether it be a tangible object or not, that is your religion. Things that we turn to for support when in trouble have their roots deep in our daily life. We live our daily life together with things that we turn to for support when in trouble, sad, or hurt. Such things usually have their own place in our lives. Because they are so deeply rooted in our everyday life, we may not even notice that having something like that is the same thing as having a religion. For instance, music also, depending on the way one listens to it, can be a religion. Our thoughts that

listening to music can heal us are interrelated with the energy that causes us to make the mistake of asking others for salvation. Of course, music is just one example. Anything outside ourselves in which we indulge ourselves can become a religion. If we want to realize that we are full of the energy that causes us to make the mistake of asking others for salvation, we need to reflect on our hearts when turning to the things we seek support from when in trouble. When listening to music, I do not think we are just doing so because it helps us relax or heals us. I believe when listening to music, we are also seeking some mysterious power.

In addition, I believe those who were born and/or brought up in regions where people customarily worship deities think they are just practicing such custom, not a religion.

My point is that we are all full of the energy of religions, which causes us to make the mistake of asking others for salvation. But it is natural to be full of such energies because we never knew that religions were full of such energies. We have been accumulating such energies over the course of our countless past reincarnations. Regardless of whether we are aware of the fact that we are full of the energy that causes us to make the mistake of asking others for salvation, we all pursued god(s), Buddha, and/or other powers over the course of our past reincarnations.

Regardless of the foregoing, why is it that some of us are currently interested in religions while others are uninterested to the degree that they even hate religions?

Such expressions as god, god's child, the world of consciousness,

and the world of vibrations do sound extraordinary.

I assume most people would generally have second thoughts about getting themselves involved in a study that teaches about the invisible world, or a world that one needs to feel with one's heart. Many people like such concepts as god(s), Buddha, and the powers of the universe, but when it comes to religions, most people immediately refuse to have anything to do with them.

I myself thought this study of the heart was another religion when I first heard about it. So I could say that I also refused to have anything to do with this study at first. Now looking back at what I learned through pursuing this study, I am convinced that we refuse to have anything to do with any religion because we have pursued god(s), Buddha, and various other powers in our past lifetimes without success.

The study of the heart taught by Mr. Tomekichi Taike today might be easier to approach than back in the days when I first began to pursue the study because today it uses such phrases as "the world of consciousness" and "the world of vibrations" instead of those like "god" and "god's child."

In addition, if I were asked whether the energy that causes one to make the mistake of asking others for salvation is weaker in those who are uninterested in religions or claim to be an atheist compared to those who indulge themselves in a religion or at least show some interest, I would have to say, "No."

Even those who say something along the lines of, "I will not have anything to do with any religion. Please do not try to get me

involved in one," do radiate the energy of prayer.

Those who are more sensitive than others often claim to be an atheist. Therefore, I believe those who claim to be an atheist in fact need to take some time out of their lives to reflect on themselves.

If one is an atheist and comes to understand with his/her heart why he/she had been refusing to have anything to do with a religion, I believe, he/she would truly begin to guide himself/herself toward the invisible world properly.

However, we are all busy with such tasks as work, housework, childcare, school, hobbies, and nursing. Once established, patterns in life are not easy to change. Being busy throughout the day myself, I assume finding the time to relax or enjoy one's hobby is the best most people in general can do.

First of all, I assume most people would naturally not know what it means to reflect on themselves. Even if a person tried to reflect on himself/herself, if he/she did not know what it meant to do so, I believe the best he/she could do is reflect on himself/herself between now and the day he/she was born. I assume such a person would then try to make sense of life, based on such reflection. Making sense of life is impossible without reflecting on the energy that causes us to make the mistake of asking others for salvation, which energy we ourselves asked to have in the first place. Nevertheless, because we have become so used to having such energy accumulated inside us, we tend to try to lead our life the best we can at every corner of life without reflecting on ourselves.

Some people are interested in fortune-telling and curses and

in the spiritual world. Others believe in god(s) and Buddha, pray to them, and ask for their blessing. Yet, others are not interested in anything other than money and spend most of their time on trying to earn money. What someone is interested in differs from one person to another. However, what we all have in common is the fact that we are full of the energy that causes us to make the mistake of asking others for salvation.

Converting such energy to the energy of joy is what we need to do from here on. Converting the energy that causes us to make the mistake of asking others for salvation is a big challenge that awaits us. Of course, those who believe their physical body as being themselves have no chance at overcoming this challenge. The only way we can overcome this challenge is by awakening the energy of true love inside ourselves and radiating that energy of love to others. In addition, I would like to say that the energy of true love is currently moving in that direction.

I look forward to seeing readers also become one of us taking up the challenge of awakening the energy of true love inside ourselves by reflecting on their own energy that causes us to make the mistake of asking others for salvation. Please realize that you have made the mistake of accumulating such energy and put effort into awakening the energy of true love inside yourself. I look forward to seeing readers realize as soon as possible that they have the power needed to convert the energy that causes them to make the mistake of asking others for salvation to the energy of true love.

5: Mistakes will be reduced to dust, starting our current lifetime

Summary

This chapter emphasizes that everything built on error is destined to collapse, and this lifetime marks the beginning of that shift. It is a rare opportunity to recognize our long-held misunderstandings and begin aligning with truth. While real change will take time and won't spread quickly, the focus now is on building a strong inner axis of consciousness. This teaching is not a religion and seeks no followers—it simply calls to those who are ready. The energy of love flows quietly, guiding each of us to turn inward. This moment is your chance to be part of a greater, long-term transformation.

Mistakes cannot exist in the mainstream forever. Mistake will gradually fall apart and eventually be reduced to dust, following which result they will take one of the following two courses: 1) correct themselves or 2) remain as dust deep in darkness.

Mistakes will begin being reduced to dust, starting our current lifetime. Our current lifetime is a major crossroad. Therefore, those who have realized that they made a mistake will naturally correct themselves. The study of the heart has taught us how we can correct our mistakes.

After having been unable to correct our mistakes for long, this lifetime, Mr. Tomekichi Taike taught us the truth and taught us that we were wrong.

In addition, Mr. Tomekichi Taike taught us that we were born with the strong resolution to realize what mistake we had made and correct ourselves.

These two points are undoubtedly true. However, the initial step of changing the basis of our life will take time.

We have been making mistakes over and over again for many past lifetimes. The truth will most likely not spread across the globe within our current lifetime. This is because the gap between our current state and the true world has become too large.

The aim of our current lifetime was to lay the foundation. We needed a strong axis. Even the truth cannot be passed on correctly if the axis is wobbling.

In our current lifetime, a number of consciousnesses awakened.

Our current lifetime was concentrated on forming a core and helping that core grow. Our current lifetime was concentrated on preparing ourselves for our future lifetime 250 to 300 years from now, by which time mistakes will have been reduced to dust. The years over which mistakes will be reduced to dust will be a time of true joy and happiness.

Since the aim of our current lifetime is to form the core of our study of the heart, the study does not need to and thereby will not spread across the nation or the globe. However, the truth will be passed on from one person to another like our hearts beat in tandem. The energy of love is surely being radiated. So those who truly need to pursue this study of the heart will come to know its existence and join when invited.

The study of the heart taught by Mr. Tomekichi Taike is not a religion. Therefore, we do not need to recruit many people. Spreading the study among practitioners who do not pursue it seriously, or in other words recruiting many people, might be an easy thing to do. It is an easy thing to do. All it would take is stimulating people's greed or interest. The same could be said about gathering money. However, if we go down that path, we would be making the same mistake we made in our past lifetimes. My heart knows very well what happened when we pursued the invisible world without correcting our fundamental mistake, which is not making the turn of consciousness. I believe the same could be said about the readers of this book. I assume we have made many, many self-destructive mistakes in our past lifetimes,

gathering people and money. I assume that is why many people from different backgrounds have gathered to pursue this study of the true world this lifetime.

Our current lifetime is a major crossroad. I myself was born this lifetime with the resolution to pursue this study.

Subsequently, the more I pursued this study, I stronger I felt the need to learn from my mistakes I made in my past lifetimes.

In addition, Mr. Tomekichi Taike says that the flow of consciousness is quietly but steadily doing its work. He says love is an energy, so being an energy, love will also do its work. Therefore, I know that our mistakes will be corrected; all I need to do is wait. Of course, while I wait, I will continue to reflect on myself on a daily basis so that I can continue to feel with my heart the direction in which the flow of consciousness is headed.

Please reflect on the following statement with your heart: Our current lifetime was concentrated on forming a strong core.

I would like to ask readers to use as much time as possible throughout the rest of their lives on forming their own core of the world of consciousness. Please remember the following: If you came to find this study as teaching the truth, your current lifetime is an once-in-all-past lifetime opportunity for your world of consciousnesses.

6: A life full of mistakes

Summary

This chapter explains that our greatest mistake is not found in our actions, but in the belief that the physical body is our true self. Even when people speak of hardship with humility, there is often pride in having endured—revealing a lingering attachment to form. As long as we cling to this belief, our energy remains clouded. In truth, we are beings of light, but we have dimmed ourselves by identifying with the physical. Recognizing this misunderstanding is not condemnation, but a starting point. Real transformation begins when we return to the light of our original, formless consciousness.

If I were to say, "The lives we all led were full of mistakes," there must be people who would immediately oppose me, saying, "How could you dare tell us our lives were full of mistakes?"

People would immediately counter me, saying things like, "I am leading my life the best I could," and/ or "I have done nothing morally wrong throughout my life." Some people may even say, "No one has led a better life than I have." Even if I told such people, "The very fact that you say or think such things means that your world of consciousness is full of darkness, which is why your life is full of mistakes," if the person's degree of progress made in this study has not yet reached the level needed to understand that is true, he/she will likely not understand the true meaning of my preceding statement.

Even if one were to say and think, "Yes, my life was full of mistakes. I'm even surprised that I've made it this far," if one leads his/her life based on the belief that the physical world is the real world, he/she would only be judging where in his/her life, he/she made a mistake, and where he/she made the right choice. However, making such judgements about one's life is not at all important. What requires attention, rather, is the fact that the person's basis of life is wrong. If one makes any kind of judgement based on the belief that the physical world is the real world, one will only evaluate his/her life based on some criteria relating to the physical world. What I would like to say to such people is, "Stop using your time and energy on making such meaningless efforts as evaluating your life based on

the physical world, and come to the realization that there is a much more important thing in which you should be investing your time and energy."

I hear that there are people who tell stories about how foolish they found themselves as being; however, I believe they do not actually consider themselves as being foolish. First of all, I do not think such people even know what it means to be foolish. That is why when such people say they are stupid and foolish, the vibrations they send sound something along the lines as follows: "I may be stupid and foolish, but even so, I've been able to make the achievements I've made in my life." As long as one believes the physical world to be the real world, one will inevitably send such vibrations at such times.

That is not what I mean by "A life full of mistakes."

Rather, what I mean by "mistakes" is our belief that the physical world is the real world. When viewed from the world of consciousness, the belief that the physical world is the real world is full of darkness. As long as one leads his/her life based on the wrong premise, no matter how fluently one may speak and be able to get a few nods in agreement from his/her listener, the speaker would not be sending out positive vibrations.

We all used to be able to send out positive, nice, warm, and soft vibrations. However, once we came to have our physical bodies, we began to consider our physical bodies as being ourselves and become full of darkness. There is no such thing as right and

wrong with darkness; being dark is always wrong. However, this is one of the aspects where practitioners seem to have difficulty with understanding. Being dark is always wrong. That is what I mean by saying, "The lives we all led were full of mistakes."

7: We have always been loved and forgiven by ourselves

Summary

This chapter explains that as long as we believe the physical world is real, it's hard to grasp the truth that "I exist now because I am deeply loved and forgiven by myself." Many think they live through their own strength or rely on external powers. But true love and forgiveness come from within—from the real self. Lasting joy arises only when we face the false self and turn inward. This journey is difficult, requiring us to question our identity, but through persistent self-reflection, we begin to feel a quiet certainty: we are sustained by the love of our true self, here and now.

The statement "We have always been loved and forgiven by ourselves" is also one that is impossible to understand as long as one leads his/her life based on the belief that the physical world is the real world.

Because we do not know that we are loved and forgiven by ourselves, the larger the efforts we make in the physical world become, the stronger we believe that we achieved everything we have by our own physical efforts.

Some people may say, "We are loved and forgiven by ourselves and alive thanks to ourselves, so we should thank ourselves." However, the vibrations being sent from such people are invariably religious. I believe such people do not understand what they are saying themselves. They probably do not even imagine there exists a true self inside oneself, who actually is loving and forgiving oneself and keeping oneself alive.

Such people may say, "We should thank ourselves," but they are no different from others who say they achieved everything they did in their lives by making physical efforts on their own. The general public seems to use the two phrases of "self-made effort" and "other-made effort" to differentiate the two concepts, but the two phrases share the same root.

Being ignorant of and indifferent about the fact that there is a true self inside you, who loves, forgives, and keeps you alive is what the energy that causes us to make the mistake of asking others for salvation is. Such energy is the root shared by the two

phrases of "self-made effort" and "other-made effort."

Since we all believe that our physical selves is our true selves, we will naturally put effort into satisfying our physical selves.

Therefore, we believe that joy and happiness comprise what our physical selves feel as being joyful, enjoyable, and fun. In fact, that is the only type of joy and happiness that we are aware of. The joy, happiness, and fun that we know is limited to those that our physical selves have actually felt.

Then, if I were to be asked whether there is another type of joy and happiness, I would say, "Yes, there is."

In fact, the other type of joy and happiness that I am talking about is much more better than those that our physical selves have ever felt.

The joy and happiness that I am talking about are those that we can feel when we come to know with our heart that there does exist a true self inside ourselves.

In addition, whereas the joy and happiness that our physical selves can feel do not last very long, those that we feel when we come to know the existence of our true selves last for eternity.

However, as long as one believes that his/her physical self is his/her true self, one will never come to know the existence of his/her true self.

Let me explain this point more precisely as follows: "We all do already know the existence of our true selves; we just choose not to believe in its existence." We are preventing ourselves from coming to feel the true joy and happiness knowable by truly believing in

the existence of our true selves inside ourselves. Our choice of only believing in the world visible to the eye is what is preventing us from coming to know the existence of our true selves.

Having learned that there is a true self inside yourself, some readers may be thinking something along the lines as follows: "If there is a true self existing inside me and I have not yet come to truly believe in its existence, doesn't that mean that I only know my false self? Then, does that mean that the joy and happiness that I've felt up until this point had all been false? If that proves to be the case, I need to experience what the joy and happiness knowable when one comes to truly believe in one's true self feels like."

In order to come to know and truly believe in our true selves, we first need to realize that we ourselves are preventing ourselves from doing so, and to do that, we need to reflect on our hearts. However, reflecting on our hearts is an extremely difficult thing to do. I know the difficulty that accompanies the process of changing the basis of one's life from being physical-world based to being non-physical world based. However, we need to continue trying to change our basis of life. Through the process of putting effort into changing one's basis of life, one will come to realize how meaningless it is to reflect on one's heart without changing one's basis of life, which realization will then lead to the conclusion that one must keep on trying to change one's basis of life no matter how difficult doing so may be. One will come to the realization that there is no other way to understand oneself. One will come to realize with his/her heart that he/she cannot learn about the truth and the true world without

understanding oneself first.

However, regardless of how difficult it is to change one's basis of life and how much time doing so may require, one will come to be convinced with one's heart that the process of changing one's basis of life is accompanied with true joy and happiness, because this is the only way to learn about the truth and the true world. Once one reaches this state, he/she will experience himself/herself telling himself/herself, while suffering, that this study teaches the truth, which experience will then encourage oneself to continue on with the study. In other words, one will feel himself/herself encouraging him/her to take the next step towards the next stage. As long as one reflects on his/her heart and meditates properly as taught in this study taught by Mr. Tomekichi Taike, the life that he/she leads will undoubtedly be one full of joy and happiness, which serves as proof that one is loved and forgiven by his/her true self inside himself/herself.

8: How to feel true happiness

Summary

This chapter urges us to realize that true happiness cannot be found through wealth, power, or intellect. The more we chase external success, the further we drift from our true nature. Across lifetimes, our prayers and struggles—meant to bring joy—have instead deepened our suffering. Words can be deceptive, but the energy we emit from the heart never lies. Real peace is the ability to say, "I am happy, even with nothing." To reach this, we must stop relying on prayer and effort. True change begins when we admit that our own energy has led us into darkness—and choose to return to the truth within.

We need to realize that money, power, and knowledge will not help us in learning about the true world.

We need to realize that, instead of helping us learn about the true world, money, power, and knowledge will only lead us in the wrong direction, separating us further from the true world.

In order for us to realize that we are extremely lucky to have come to have a physical body, we need to first realize with our heart how foolish and sad we must have been to have allowed ourselves to fall to hell.

To say that we ourselves allowed us to fall to hell may sound illogical; however, if the preceding statement sounds illogical, that is only because one has not yet come to properly understand it.

Why we choose the path to self-destruction and unhappiness, when in fact we are trying to become happy and find the joy of life, must be a mystery that no one had been able to solve until now.

Some people might say, "How dare you tell me I've chosen the path to self-destruction. Look at me, I've achieved all these things in my life. I can honestly say I am happy. In fact, I am in the midst of enjoying the spring of my life." However, honestly speaking, I believe one cannot enjoy his/her spring of his/her life without knowing his/her true self.

Anyone able to feel the vibrations sent out by people who make the preceding kind of statements should be able to tell that what I am saying is true.

Vibrations sent out by a person is not the words that he/she uses; it is more like the aura being radiated by the person. The vibrations

that a person sends out bespeaks the person the best.

We are consciousnesses, energies, and existences invisible to the eye. Therefore, it is only natural that a person's vibrations, rather than his/her words or attitude, bespeak him/her most straightforwardly. However, this is not easily understood by a person who only believes the physical world as being the real world. Such a person would rather be able to judge a person by the words spoken by the person, as well as the person's attitude. Therefore, a person who believes the physical world as being the real world would naturally value others' words and attitudes. Consequently, he/she would feel betrayed and suffer from the feeling of being betrayed.

People can betray others with their words and attitudes. Words and attitudes can be manipulated. As is evident from the fact that there are such expressions as "double-tongued" or "ambiguous," we all choose our words and change our attitudes depending on the situation at hand. However, the same does not apply to the world of vibrations. We cannot betray another person with our vibrations. Vibrations cannot be manipulated. Understanding our surroundings, based on vibrations, is a fun thing to do. By doing so, one will likely realize that what we actually say and do sometimes does not necessarily match what we are actually thinking.

On another note, I believe all of us want to be happy. The intensity with which one hopes to be happy may differ from one person to another; however, I assume we can all agree that we want to be happy. I also assume that we can all agree that we have prayed for happiness at some point. Now, can you agree with me on the following statement: We all wanted to be the best person on the planet so that we could

control others, and for that reason, have fought with others to be the best? Please look into your heart carefully and reflect on the thoughts that cross your mind. I assume you also can feel a history of fighting with others over who is better.

Now, where has our history of fighting with others brought us?

I wonder how many people can honestly say that they are happy. Do you know how it feels to be able to say, "I am happy," and to be able to say so not because you have something in particular? Do you know how it feels to be able to say you are happy although you possess nothing special in particular?

I wonder how many people realize with their heart how foolish it was of us to have prayed for happiness and fought with others over who is better.

I believe we still to this day pray for happiness and fight with others over who is better because we have never realized how foolish it was of us to do so.

If one really wants to be happy, I recommend simply quitting praying and fighting. However, as one would come to know if he/she tries, simply quitting praying and fighting is impossible.

The vibrations of praying and fighting will continue to fill one's heart until he/she realizes the following with his/her heart: "I have been radiating the energies of praying and fighting, and by doing so, I have allowed myself to fall into the depths of suffering. I myself allowed myself to fall into the depths of darkness, and as I had done so, I had also foolishly taken others along with me by radiating my dark energy on them."

9: Ask yourself

Summary

This chapter explains that while everyone seeks something to rely on—work, family, or a cause—true fulfillment comes only by turning inward and facing the many selves within. Living for oneself is not selfishness, but a commitment to healing the pain we've always carried. Rather than avoiding sorrow, we must ask what it teaches us. Within us lies the power to move from darkness to light—the energy of love we've long sought. As we awaken to this inner love, it begins to guide us. The joy found here is true and lasting, and in that joy, we finally understand what it means to truly live.

We are all searching for a reason to live.

We are all searching for something we can indulge ourselves in, something that we can trust, something that we can bet our lives on, or something that needs our help. I believe there are people who have not yet found that "something" and are still looking for it.

Then, please ask yourself whether you think those who have been able to find something they can indulge themselves in are happy. Do you think those who are pursuing their dreams are happy? Do you truly think such people's lives are brighter than your own?

On the other hand, there are people who lead their lives under the belief that the efforts they make are made for the sake of their family, company, community, nation, and/or humankind. If you are one of these people, please ask yourself whether making efforts for others is such a great thing.

Yet, there are also people who say they are living for no one else but themselves.

Living for oneself is generally understood as being a selfish thing. However, in this study, to live for oneself means to live for the large number of true selves inside oneself. I believe living for the large number of true selves inside oneself is the most important thing in life, and any life without this being the primary purpose, is a meaningless one. Leading a happy and bright life is impossible without realizing or facing the fact that the primary purpose of life is to live for the large number of true selves inside oneself. I believe the

reason people continue to be at a loss of the meaning of life is that they do not know this simple fact.

All kinds of incidents that occur across the globe alert us, trying to let us know that we need to awaken to the real purpose of life. Therefore, although people seem surprised when something unprecedented happens, I say, "There is nothing surprising about unprecedented incidents happening because they are signs of caution directed toward us." We are all trying to let ourselves know that we have gone insane, having forgot the most important purpose of life.

We have suffered countless times over our past lifetimes. However, we never knew why we had to suffer. This lifetime, again, we were born with the hope of becoming happy. However, our wish of "becoming happy" this lifetime is not the same as those of our past lifetimes. Do you truly feel with your heart your own selves' painfully serious wish of "becoming happy" this lifetime?

If you are feeling sad and/or suffering, you are not feeling sad and/or suffering only because something painful happened to you this lifetime; something of that sort had already happened to you in your past lifetimes. The pain you are feeling now is not one that had just recently been inflicted but one that you have been carrying with you over many past lifetimes.

Do you understand what I am saying? This is an important point.

We all experience such feelings as sadness and loneliness. They are feelings experienced by all of us when we come across a

situation that triggers such feelings. However, if we do not reflect on our hearts after experiencing such feelings, we will be making the same mistake we made in our past lifetimes. Like being sung in many songs, we say to ourselves, "That's life" or "Things happen in life," giving up learning from such experiences. We follow the example of others and try to convince ourselves that "Time will resolve our issues."

However, I would like to say, "Do not give up learning from your painful experiences, and do not try to convince yourself in such an unnatural way. This is where you need to hang in there for your own sake."

We were born with sad, lonely, suffering, and dark thoughts. Our dark thoughts were already with us from the beginning of this lifetime. The biggest challenge of life is dealing with such dark thoughts.

If one were to just be crushed by pressure and run away from one's issues at hand, crying that he/she feels sad, is suffering, and feels lonely without facing such feelings, he/she should not consider himself/herself as leading his/her life properly. If one allows himself/herself to avoid facing such feelings, he/she would never be able to come to know true joy and happiness.

I am not saying that one should not allow himself/herself to feel sad, suffer, and/or feel lonely. It is alright to feel such feelings and feel completely empty. I am saying that one should not give up one's life and allow himself/herself to continue to feel empty. The most important thing is what one learns from such

experiences through reflecting on oneself. You planned your own life yourself and gave yourself your current lifetime so that you can reflect on yourself.

To live is to reflect on oneself, and in order to guide oneself to joy and happiness, one needs to put effort into generating the energy that will allow oneself to do so.

I have been telling myself the following statements: "There must be the power inside myself that will guide me toward converting my dark energies to bright ones. That is the power I will pursue throughout my life." This "power" is what our study of the heart has now come to call "love." We used to be full of the energy of love, or the power of love. To be able to understand that we are extremely happy, we need to realize that, when we are suffering, we are trying to guide ourselves toward awakening the energy of love that has always existed inside us. When we are suffering, the energy of love inside us is telling us that we are happier than ever.

10: Spend as much time with yourself as possible

Summary

This chapter teaches that the people we meet are not random—they are mirrors helping us meet our true selves. If we cling only to roles like family or friends, we miss the deeper purpose of these encounters. Throughout history, we've mistaken the visible self for our true identity, chasing desires like wealth or recognition. But only by facing these desires fully can we see their emptiness. Then, the quiet voice within urges us to "Turn toward truth." True change begins not with ideas, but with heartfelt acceptance. When we face ourselves honestly, the path to real freedom and awakening opens.

If someone were to say to me, "You and I are linked by fate," I would say, "Maybe you're right, maybe you're wrong." What I mean by that is whether we are linked by fate or not is unimportant. What is important in terms of relationships with others is finding out about yourself through another person. Relationships with others are opportunities to learn about the true world and learning about your true self. That is why relationships with others are important. People are the only sources of opportunities to learn about your true world. There is nothing sadder than not being able to see others around you as nothing more than such roles as spouses, parents, and children.

Life comprises opportunities for choosing whether or not to allow oneself to free his/her true self from the world of his/her false self.

Life inevitably contains crossroads. In our past lifetimes, we have always been unable to free our true selves from the worlds of our false selves. We have always wanted to free our true selves but been squeezing our true selves into a small container called our physical bodies. People may say aloud that they are free or that at least their hearts are free; however, I believe they misunderstand the meaning of the word "free."

We need to train our eyes in ways that will allow us to seriously reflect on ourselves. Eyes that pursue the truth are sharp but nice. Such eyes exist inside everyone's heart.

We need to focus on seeing things through our eyes that

pursue the truth and remind ourselves why we were born.

If one feels like he/she wants to build a fortune, become famous, and/or leave his/her name in history, I do not necessarily think that is a bad feeling to have. The important thing is to spend as much time as possible with oneself on reflecting on such feelings. Spend as much time as it takes to figure out why one feels that way. If one spends enough time on reflecting on such a feeling, he/she will come to realize with his/her heart how foolish it is to have such feelings and also come to know that he/she has the eyes to pursue the truth.

One will then realize with his/her heart that his/her eyes are saying, "Keep those eyes directed toward the truth." In this context, to realize with one's heart means to be able to honestly accept the message that one's true self is sending himself/herself.

If I still felt like I wanted to build a fortune, become famous, and/or leave my name in history, I would probably spend all my time and energy on pursuing such an aim. In fact, I had been pursuing such an aim up until the point when I came across this study of the heart, so I have no doubt that I must have been pursuing such an aim in my past lifetimes. I had always been obsessed with the energy of war and been fighting with those around me over who is better, believing that I would be able to build my own world and be happy in that world once I became the best.

Now that I realized I made a mistake and corrected it, I can say that I feel the following statements as containing the truth: 1) people need to go far down the wrong path before they can

realize that the path that they took was the wrong one; and 2) people need to realize with their heart that they made a mistake, if they want to correct their mistakes.

In addition, I feel that I was born from the deepest bottom of hell and that my current lifetime is a once-in-all-past-lifetime opportunities to return to my true self. So all I am interested in now is applying the preceding two truths, which I learned from my past mistakes, to pursuing the truth.

11: No one leads his/her life better than anyone else leads their own

Summary

This chapter explains that judging others by their actions or personality misses the point. As long as someone believes the visible world is real, they remain distant from truth—regardless of how admirable or flawed they seem. All lives shaped by this belief are rooted in ignorance, and none can be ranked above or below another. Each person walks a path shaped by their own inner darkness. True change begins when we stop judging and turn inward, realizing that only we can change our foundation. When we align with truth, our lives shine naturally—revealing that in truth, there is no ranking, only excellence.

There are people who always seem to be proud of themselves despite the fact that they are twisted, dishonest, and contradictory. There are also people who behave in ways completely incompatible with common sense, and thereby, if evaluated, would be undoubtedly given an F. On the other hand, there are people who are honest and nice, and thereby, if evaluated, would be given an A.

However, whether given an A or an F for their personality, if evaluated from the perspective of on what basis they lead their lives, all people would be graded as being far away from the truth.

If a person led his/her life based on the belief that the physical world is the real world, even if he/she received an A for his/her personality, if evaluated based on the criteria set by the world of truth, he/she would not necessarily receive a passing grade.

In addition, just like no one would receive a passing grade for their personality if evaluated based the criteria of the world of truth, no one would be evaluated as leading his/her life better than anyone else leads their own if evaluated from the perspective of the world of truth. There is really no way to evaluate the way a person leads his/her life if he/she does not know the truth. This is because, we are all foolish and thereby would be given a failing grade.

However, how does the world actually evaluate the way people lead their lives?

I believe we have made the mistake of admiring some people

as being good role models while despising others as human trash.

In the world of truth, there are no people who should be admired as role models and despised as human trash. We were all born because we are foolish. If one truly came to understand this with their heart, he/she will come to understand there is no point in evaluating others in any way.

Once one realizes that each and every one of us are just going about the paths we decided to take before we were born, he/she will come to the realization that all he/she needs to do is reflect on his/her own heart. He/she will come to realize that all he/she needs to do is check whether he/she leads his/her life based on the belief that the non-physical world is the real world and make adjustments as necessary while leading his/her own life. One will realize that no one else can change his/her basis of life for him/her.

One will then come to know that he/she is lucky for reaching the preceding realization, so the way he/she leads his/her life will naturally begin to change. He/she will no longer be easily influenced by his/her surroundings. He/she will come to feel happy for being able to reflect on himself/herself, which change will influence the way he/she leads his/her life from that point on.

The following is what I meant by "No one leads his/her life better than anyone else leads their own": Regardless of whether one may be leading a life that would generally be regarded as a successful one or unsuccessful one, as long as one leads his/her life based on the basis that the physical world is the real world, his/her life would be so foolish that it would not even be worth

being graded.

Once one comes to be able to understand the truth, he/she will know how he/she should lead his/her life. Then, if he/she leads his/her life based on the basis that they non-physical world is true, he/she would be given an A; in this case, no one would be given an F, and no one would be leading his/her life better or worse than anyone else leads their own.

12: The truth can only be pursued by those who are truly strong

Summary

This chapter defines true strength as the unwavering belief in one's true nature—not through force or boldness, but through deep self-trust. Weakness is not fear, but the inability to believe in oneself, often stemming from inner coldness. Real gentleness is born from loving severity, which nurtures transformation. We are in physical form to awaken as consciousness, not to glorify the body. As we realize that everything we need is already within, our priorities shift, and deep peace arises. True strength grows from remembering that love has always lived inside us—and it is this love that leads us home.

A strong person is able to examine who his/her true self is without looking away. A strong person is able to face himself/herself with an extremely strong resolution to find out who he/she truly is. By "a strong person" I do not mean, a heroic person.

On the other hand, a weak person is not someone who is a coward or a nice weakling. A weak person is someone who is unable to believe in himself/herself. A weak person is someone who does not know how cold it is to give up on oneself.

A weak person does not become depressed because he/she is a coward. A weak person chooses to go to hell because he/she is cold to himself/herself and not strong enough to keep believing in himself/herself.

Being nice is to be strict. To be strict is to have love. I believe growing love inside oneself requires being able to trust oneself with all one's heart.

I believe the study of the heart will from here on require building a strong relationship with oneself, based on absolute trust.

We were born to reflect on ourselves, and reflecting on ourselves required having a physical body. We came to have our physical body not to express ourselves but to reflect on ourselves. Once one realizes that his/her physical body exists so that he/she could reflect on himself/herself, the way in which the person spends his/her time will naturally change from that point on. The person will come to know what to prioritize in his/her remaining time.

Of course, one will still need to lead his/her life as a member of society, since he/she will still need to maintain his/her physical body. That is how the world works today. However, once one realizes why one has his/her physical body, one will come to realize that everything he/she needs has already been prepared right in front of himself/herself. He/she will come to realize that everything he/she needs in order to reflect on himself/herself has already been prepared, which realization will strike him/her with joy and satisfaction. One's heart will be satisfied and become worry-free. Once one realizes he/she already has everything he/she needs, lacking nothing at all, his/her desire to have more will gradually become weaker, while his/her satisfaction of already being provided with everything necessary will grow stronger.

As long as one believes the physical world as being the real world, he/she will only be able to notice what he/she lacks and what he/she wants. The more one comes to have, the more one will come to want. The sense of lacking something will keep growing, which will only cause one to suffer.

Once one realizes that he/she has his/her physical body for the sake of his/her true self (or consciousness), he/she (or his/her physical self) will come to understand that he/she has everything his/her true self (or consciousness) needs, both economically and otherwise, to pursue the study of the heart. Such a case where a person lacks something that they need in order to pursue this study of the heart will not occur, and in saying so, I am not only speaking not only financially but also otherwise in every possible way.

We all choose our surroundings, preparing ourselves to pursue this study of the heart. We all know what we need in order to reflect on ourselves. This is because we come to have our physical bodies for the sake of our true selves (or consciousnesses). One would be convinced that what I am saying is true if he/she reflects on himself/herself, allowing himself/herself to be part of the flow of consciousness. Ask yourself why things turn out the way they do in your surroundings. The answer to your question would then come automatically to you. You will realize that everything turned out just as you planned before you were born.

If you look at the physical world as the real world, issues in front of you may seem unresolvable; however, they are not. Once you come to this realization, you will be more encouraged than ever before. You will come to believe in your true self instead of your false self, with which decision will come happiness and encouragement.

One will come to think, "My surroundings needed to turn out the way they did for me to awaken to the truth."

If one comes to think along the preceding lines, he she will find himself/herself as being truly happy. One will, for the first time in his/her life, be experiencing a truly happy time where he/she can actually thank himself/herself. He/she will be feeling joy and happiness in the fact that he/she came to know his/her true self. Such joy and happiness will pour out from one's heart like water from a spring. Such joy and happiness will at other times burst out from the bottom of one's heart. I look forward to seeing readers become able to seriously and honestly face themselves. As I said earlier, only truly strong people are able to

pursue the truth. In other words, one needs to be a truly strong person to be able to flow along with the flow of consciousness headed toward moving onto the next dimension, and the realization that love had always existed inside one's heart will help us once again become a truly strong person.

13: Through one's mother

Summary

This chapter is a personal reflection on the author's relationship with their mother, which became a gateway to inner healing. Although their mother was a decent parent, the author felt a deep emotional distance, especially from her gaze. Through spiritual practice, they realized the issue lay not with the mother, but with their own buried darkness. Their mother had simply triggered emotions accumulated over many lifetimes. This insight transformed resentment into gratitude, as the author saw their mother's role as a gift. Expanding this view, they reflect on society's moral decline, noting that unresolved inner pain leads to external violence. True change begins only when we turn inward, awaken to truth, and let love guide our relationships.

Now, like I said at the beginning of this book, what I write here is based on my own experiences. Therefore, here, I would like to talk about my own thoughts toward my mother.

I used not like my mother very much. However, I know my mother is the person who gave me life, and I do not mean I hated her.

I believe, if evaluated based on common sense, my mother would be given a passing grade. My mother is not a bad person. Therefore, I had no reason to hate my mother. As far as I remember, my mother never treated me unfairly. My mother never abandoned her family. She never caused me any trouble due to selfish reasons. She never did anything that could be considered as child abuse. She neither forced me to study hard or neglected my education. Therefore, I am not saying I have anything I want to complain about my mother.

That said, I still need to admit I did not like my mother. Perhaps, saying that I did not like my mother watching me might be more accurate.

I kind of always knew that the reason that I did not like my mother was not because she said or did anything in particular. I kind of always knew the reason had something to do with myself.

I always felt there being a thick wall between me and my mother. I always thought my mother was trying to control me by watching me. Every time I felt she was watching me, I always told myself, "I am not like you." Whenever I told myself so, I felt myself being very cold and arrogant. I did not want to become subjected under her control,

so I always avoided her. Like I earlier said, my mother was not a particularly bad person, so I could not understand why I felt the way I did toward her. This is the way I felt about my mother before I came to pursue this study of the heart.

Subsequently, after a few years since I recognized the way I felt about my mother, I came to pursue this study, which teaches practitioners—such as myself who did not like her own mother—to reflect on one's thought that surfaces toward one's mother and turn one's thoughts toward one's mother. I just said, "I came to pursue this study," but it might be more accurate to say that my circumstances came to require me to pursue this study. Subsequently, as I began to pursue this study, I came to understand with my heart that I was the one who arranged my own circumstances so that I would have no other choice but to pursue this study.

Pursuing this study was an opportunity to reflect on my thoughts that surface toward the person who gave me life, whom I did not like until then. It was also an opportunity that helped me realize and accept with my entire heart how foolish I had been. The opportunity enabled me to become able to feel that way. As I pursued this study, I came to realize how I had arranged my own circumstances in a way that would leave me with no other choice but to pursue this study.

Therefore, in the process of practicing this study at seminars, I never felt depressed by the darkness of my thoughts that surfaced toward my mother, as well as those around me. Instead of feeling

depressed, I only felt convinced that those were my true thoughts I had toward my mother, as well as those around me, and I therefore only felt happy. I was happy for two reasons: 1) I was able to realize that the thoughts that surfaced toward my mother were dark and 2) I was completely convinced that coming to such a realization was the reason I was born.

My thoughts surface most straightforwardly toward my mother than toward anyone else. My thoughts that I wrote in my notebook back when I first began pursuing this study were all centered around myself. I realized I had taken everything that my mother did for me as granted. Therefore, I found myself writing more things that my mother did not do for me than things that she did do for me. Then, I came to the realization that my thoughts that surfaced toward my mother were no different from the thoughts that surfaced toward god(s) that I turned to for salvation when in trouble.

My thoughts that I wrote in my notebook then began to surface through my own mouth as dark energies.

I found myself screaming, "Die, die," over and over again so many times that I myself was not sure how long I could have been screaming so.

Seminars enabled me to allow my thoughts I had about my mother but had put a lid on to surface. Seminars allowed me to feel my own dark energies, and that made me happier than ever. Subsequently, I realized that the person who gave me life this lifetime had nothing to do with the way I felt about her. I realized

that the people who give us life are serving the role of a trigger to our dark energies that we have put a lid on for so long.

I came to realize I did not feel the way I felt about my mother because of something she said or did. I came to realize feeling the way I felt about my mother was not going to change a thing. I came to realize the reason I did not like the way my mother was watching me was not because she watched in any particular way but because I could not accept her. I came to realize that I was wrong for not liking my mother and that I was full of darkness. Eventually, I realized that my mother agreed to give me life and be my mother so that I could realize that I was full of darkness. Then, I realized the following: I felt happier, the stronger I felt my own dark energy.

If we label ourselves, the person who gave me birth is my mother and I am her child. My mother and I are related by blood, and I am not sure whether there is a stronger connection between people than being related by blood.

What I am trying to tell my readers in this chapter is not about the strong bond between a mother and her child. Rather, I am trying to say that the world of consciousness and vibrations work in a way where those with a physical body and role will come to serve their roles properly.

When my mother grows old, I will take care of her not because the general public expects a child to do so for his/her mother; I will do so because that is what a person should naturally do without being expected. At the same time, I believe anyone who

comes to know the true world with his/her heart will naturally come to think in the same way as myself about taking care of one's mother.

Lately, what makes me sad while watching the news is that there are people who cannot even serve their roles properly. I cannot understand why a parent would abuse his/her child who has not yet even reached the age of 10. There are also people abusing their old parents despite being old enough to know better. Of course, I know the causes of such horrifying incidents cannot be attributed to such relationships as parents, children, and spouses relating to people's current lifetime because they have to do with those relating to their past lifetimes as well. I know that those who get involved in such horrifying incidents need to reflect on their past lifetimes as well.

We are at a time when the darkness of our hearts gush out like a volcano. Unless we understand that we are at such a time, we will become controlled by the darkness of our hearts and become the victims of toxic relationships between ourselves. Incidents we see on the news lately reflect this fact. On the other hand, while I know the preceding as being true, I still find myself thinking why a person can abuse—and in some cases even kill—their own child. The same goes to other incidents, such as parent abuse and murder. Watching such news makes me sad.

Now is a time when parents, due to their own ego, greed, and ignorance, commit abuse and in some cases kill their own children, and children do the same to their parents for the same

reason. In addition, the same applies to spouses and friends. Feeling that no one understands them, people also vent their anger toward others they do not even know, injuring others like doing so means nothing to themselves.

People have become so controlled by money and their greed that they themselves have become victims of their own selfish uncontrollable energies, which realization makes me sad.

Of course, those who come to be abused and murdered are also responsible to some degree. It is wrong to just blame the outcome on the offender.

That said, I do think the tricks that people use to abuse and murder others has become unspeakably cruel, for which reason I feel that the darkness in our hearts has become even darker. We have entered a time where the gushing out of our insane energies has become an unstoppable, common thing.

Incidents that have to do with the Internet and drugs are also the gushing our of our insane energies. In addition, while indiscriminate terrorism is not a common thing yet in Japan, it could also become so in Japan in the near future.

14: Life was about letting go of what one has

Summary

This chapter reveals that life is ultimately a journey of letting go. The author once believed that joy had to be tightly held, fearing its loss. But over time, they realized that clinging only builds a life on superficial values. As consciousness shifts, the less we grasp, the more the true world comes into view—effortlessly present all along. Form is no longer something to chase or preserve; it arises and fades naturally. Letting go brings freedom, not loss. The author now feels grateful for having once clung blindly, as it led to the deep joy of rediscovering the real self that was always within.

Once one begins to make progress in making the turn of consciousness, he/she will realize that no matter how much time and energy one spends on trying to arrive at the truth, arriving at the truth is impossible without making the turn of consciousness.

One will also realize, as he/she begins to make progress in making the turn of consciousness, that all achievements he/she made in the physical world over the course of his/her life were nothing but a heat haze.

I believe such realizations help us put effort into trying to let go of what we have.

I used to think something along the lines of the following statements: 1) joy and happiness will disappear unless one grabs on to them; 2) do not let go of the person who has the power to make you happy; 3) get rid of all things that try to make you let go of that person's hand, joy, or happiness; and 4) the more one can grab with one's hand, the greater joy and happiness becomes. However, such thoughts were all wrong. Of course, the things that I tried to grab onto were all fun, beautiful, happy, and shinning things. On the other hand, I tried to keep a large as possible distance between myself and things that were dirty, dark, and unnecessary; now I know how foolish the condition of my heart was in. As long as I allowed that to be the condition of my heart, I would never have been able to become happy no matter how hard I tried. However, this was not something I could easily realize.

Now I know that holding onto as little as possible and as

loosely as possible helps one see the truth easier.

Once I came to see the truth, I came to know how foolish I was to have tried to hold onto joy and happiness.

In addition, once I realized how foolish I was, I also realized that the truth had always been right in front of my eyes.

Once one stops holding onto what is false, he/she will come to see what is true. In addition, once one stops holding onto what is false, what one needs in the physical world will also come to be prepared for oneself. Regardless of whether one tries to prepare what he/she needs, everything will come to be prepared from him/her as necessary.

Furthermore, once one comes to feel the true world, when the time comes, he/she will be able to let go of the things that came to be prepared for him/her in the physical world.

Letting go of things is not to do so because they came to be destroyed; rather, letting go of things is to do so even if they are still there in front of oneself. I believe letting go of things still in front of one's eyes is only possible when one comes to feel the truth. One will come to know that tangible objects are nothing more than what they are.

Those on the right track will come to learn in their daily lives to loosen their hands and let go of things. They will come to learn that holding onto things makes them suffer because doing so is wrong. They will come to learn with certainty that loosening their hands and letting go of things will lead them to their true selves.

Once one comes to realize what a happy thing it is to be able

to face their own world, they will come to enjoy the fact that they had for long been foolish.

In fact, once one comes to feel true joy and happiness, he/she will come to appreciate the great world they are in exactly because he/she used to be foolish. When one reaches this state, he/she will only feel thankful to his/her foolish self. One will not feel unsympathetic toward his/her foolish self because he/she will know that he/she was able to understand true joy and happiness exactly because he/she used to be foolish.

15: What kinds of things do you wish for?

Summary

This chapter reflects on the core question: "What is it that I truly wanted?" The author realizes that the joy once sought was built on the false belief that the visible world is real. Without recognizing this, true spiritual learning cannot begin. Many believe they've progressed, only to later realize—perhaps near life's end—that they hadn't even started. Yet even that moment holds value if it prompts a turn toward truth. The author's deepest desire was to find what is real—beyond form—and through their journey, they encountered that truth. Now, they live with certainty, grateful to be part of the true world of consciousness.

I now know with certainty that the joy and happiness that I used to pursue had been wrong. Now I know that was just as I thought. Everything makes perfect sense, once I accept the premise that everything that I used to pursue was wrong. However, like I stated earlier, as long as one continues to lead his/her life based on the belief that the physical world is the true world, one will not even know what premise he/she needs to accept. One will not know that he/she had been wrong, and even if he/she recognized that he/she was wrong, he/she will not be able to accept that fact. Unless one can accept himself/herself as having been wrong, he/she will not be able to even begin to pursue this study of the heart.

However, most people think that they have already begun pursuing this study a long time ago. Many people may be thinking they have made much progress, having put effort into pursuing this study for a long time. However, when they stop for a moment to look back at how much progress they have actually made, many people may be shocked at the fact that they had not yet even begun pursuing this study. In some cases, by the time people realize this, they may be in their final years of life.

If one realizes that he/she had not been making any progress or even been regressing when he/she had thought that he/she had been putting effort into pursuing this study, the person will most likely think, "I have been holding onto things that had been preventing me from making progress and even been making me

regress while I thought I had been pursuing this study. The last thing I would want to do is pass away without changing at all." However, in a sense, if a person realizes this as being his/her state, he/she could be said to be rather lucky. Even if the person was in his/her final years of life by the time he/she comes to the preceding realization, the person will still have a physical body. That one has a physical body means that he/she still has time left to change. Then, regardless of the degree of change he/she may make, if he/she does make a change, I believe that person's life could be said to have been a success.

Regardless of how beautiful and shiny the life led by someone had been, if the person passed away without knowing that the shinning of his/her life does not last forever, I would feel sorry for that person.

On another note, what kinds of things do you wish for? Please try to honestly ask yourself what you wish for. In addition, ask yourself whether you currently have those things that you wish for.

In my case, the thing I wished for was an answer to the following question: "Is there a truth to this world, and if there is, what is it?" I can say that I found the answer to my question. Although of course the truth that I found is not something visible to the eye, it was the answer to the question I was looking for. I found the truth to this world.

In this study of the heart, the truth is referred to with various expressions, including the following: 1) the world of Tomekichi Taike, 2) the world of Albert, and 3) mother universe. Regardless

of which expression the truth is referred to with, there was a truth to this world.

Although I had previously fallen into complete emptiness and loneliness, I can say that I am happy because I was able to realize with certainty that there is a flow of consciousness and a true world.

16: How much effort have you been putting into allowing yourself to suffer ?

Summary

This chapter begins with the powerful question: "How much of your effort has truly been for the self that suffers?" The author challenges readers to reflect on whether their lives have been devoted to serving a false self shaped by societal expectations and surface achievements. Many remain unaware of their inner suffering, distracted by money, health, or personal values. The author recalls a long-standing desire to live authentically—a longing rooted in truth, not ego. Over time, they realized that true fulfillment comes not from external success but from turning inward. Embracing the solitude of the inner self, they now affirm: the only meaningful life is one lived in alignment with the real self, beyond illusion.

How would you respond if asked "How much effort have you been putting into allowing yourself to suffer?"

In addition, how would you respond if asked "Do you realize that all your efforts you have made so far have been invested into your false self?" Many thoughts come channeling to me, such as the following: 1) "What does the writer mean by 'allowing yourself to suffer?' and what does she mean by 'your false self?' "; and 2) "I do not understand what this writer is talking about, and I must not be the only person who does not understand what the writer is saying. I bet no one understands the writer."

Furthermore, while learning about incidents and accidents on the news, thoughts such as the following come channeling to me: 1) "I agree that one cannot buy happiness with money, but it is also true that we cannot live even one day without money"; 2) "What change can such a weakling make?"; 3) Living a normal life with intellectual disability or with a severe mental disorder must be impossible. I feel sorry for such people, but I guess they'll just have to accept such conditions as fate. Thanks to my luck, I was born with a healthy body. All I can do for the world is lead my life the way I consider as being right"; and 4) "It's my life. So I will lead it exactly the way I want to. No one can tell me otherwise."

The above examples may be a little extreme. However, I assume we can agree that, although we may not straightforwardly say so, we more or less think something along those lines. The problem with having such thoughts is that most people are unaware of the dark

energies that they are radiating. Therefore, such people do not realize that they are suffering.

On another note, in chapter "9. Ask yourself," I spoke a little about "living for oneself." I would like to speak a little more on living for oneself and also on using what one has at his/her disposal for himself/herself.

I had already decided to live for myself even before I came to pursue this study.

I often felt something along the following lines: "Since this life is mine, I want to live it in a way I will not regret." Back then, I did not know why such a thought would cross my mind. Sometimes I thought it must be my ego speaking. However, now I know it was my true self hoping the best for myself.

I came to think it was my true self speaking, only after I began to make the turn of consciousness.

Unless one changes his/her basis of life, no matter how strongly one wishes to live for himself/herself, the one that is speaking would inevitably be his/her ego. That said, although I do not mean to flatter myself, I believe my wish to live for myself has always been pure. I believe I was able to make the turn of consciousness because my wish was a pure one.

I had always been searching for something. I had always been searching for something that would convince me. I believe everything turned out alright for me because I had been searching for something that I want to do for myself, instead of being caught up with common sense.

However, I am not saying that I have been leading an unusual

life. My life has been extremely normal. That said, I do believe my standards of joy and happiness had always been not evaluable by common sense. There had been times when I felt that pursuing joy and happiness based on my standards would be impossible in this world and at home.

I thought that joy and happiness experienceable in the world and at home had their limits. I felt like I hit a dead end. No matter how hard I tried to pursue joy and happiness based on my standards, I always felt something to be missing. However, I could not figure out what it was that was missing.

I assume this goes without saying, but our lives are based on networks between one another. No one would be able to live completely alone. However, to me, that line of thought is not what I actually think. What I truly believe is that all of us are alone. In addition, I gradually came to the realization that being alone does not necessarily mean one would feel lonely. I came to realize what it means to be alone and what a happy thing being alone is.

I always thought I wanted to find the truth to this world. Finding the truth to the world then turned out to be finding the way of life that would convince me and finding what was missing from my life and what I wanted to do for myself. Thanks to this study of the heart, finally, even a fool like me realized that finding the truth to this world was what I always wanted to do.

I believe it is not an exaggeration to say that the following thought has come to be established inside myself: What I wish for does not exist in the physical world.

17: A promise between me and my true self

Summary

This chapter, titled "A Promise Between Me and Myself," reflects on the author's spiritual journey across lifetimes. They acknowledge that while remnants of darkness may reappear in the next life, their expansion has ended—the path of resolution has begun. Grateful for entering spiritual study at the perfect time, the author now lives with quiet joy, focused solely on deepening the connection with their true self. The material world feels small and fleeting; the only reality is the inner current of love and truth. Even human flaws are embraced with affection, as past suffering is now seen as a guide back to freedom. In the next life, challenges may arise, but one moment of clarity will bring swift return. This is the power of Turning Consciousness—a vow to live by love, not illusion, and complete the journey home.

The state of my heart in my future lifetime 250 years from now is as follows: The darkness of my heart will be activated by the very fact that I come to have a physical body again; however, the darkness of my heart will not grow any larger than it is now.

My future self will realize the truth faster than my current self because it has pursued the study of the heart this lifetime. I know pursuing the study of the heart this lifetime will help my future self to realize the truth as quickly as possible.

I realized the truth as quickly as possible this lifetime just as I had planned before being born.

Looking back now, I am convinced that I had everything I needed in order to pursue the truth.

One of them was the timing at which I came to pursue the study of the heart. This was an extremely important point. I did not come late; nor did I come early.

After coming to pursue the study of the heart, I came to establish myself as an independent practitioner through trial and error, and consequently, now there is nothing that could prevent me from continuing to pursue the study as an independent practitioner.

Now I lead my life slowly and quietly with joy and happiness, thinking about how the days of my future self will be 250 years from now.

I know there is nothing more happier than spending one's time like I do.

I no longer spend my time and energy on expressing myself because I know doing so would prevent me from feeling the true world.

I feel I do not have any time to waste on expressing myself.

A promise I made with my true self is that I will continue to communicate with my true self with the aim of broadening the pure world inside me.

I will never betray myself again because I came to feel my kindness and warmth spread throughout me.

I am flowing along with the flow of consciousness. I feel my true self always sending me fresh air, and while I do, I feel lucky to be able to exist with my true self.

Compared to the world that I feel, the physical world and everything going on in it does not matter a bit. Therefore, although I do exist in the physical world as well, nothing that happens in the physical world matters much to me. This is because I now know that everything in the physical world will one day be reduced to dust. Everything in the physical world will not last for eternity. That is why I will never allow myself to be betrayed by it again. In addition, because I know that nothing in the physical world matters as much as the non-physical world, no matter what kind of thoughts cross my mind, I will not be influenced by them. I may swing side to side; however, I will eventually absorb such swinging and be able to say, "Thank you. That made me happy," welcoming every little thing going on in the physical world.

On the other hand, I am aware of a side of me that tries to bargain a better deal, weighing loss and gain. Such a side does

appear from time to time, but as soon as it does, it disappears again. So a foolish side of me still does exist; however, now I have come to accept such side of me as well.

I know I had foolishly been making efforts to lead the best life possible. However, I am done with making such efforts because my past lifetimes have taught me that one falls deeper into hell, the more efforts of such sort he/she makes.

I believe the world of my heart has now come to understand the following statements as being true: 1) the fear and pain of a bottomless hell existed to help us free ourselves from such fear and pain; 2) what was causing us suffering was not the bottomless hell; and 3) we suffer as a result of falling into the bottomless hell by ourselves, and that was what I had done to myself in my past lifetimes.

The physical world is one where people differentiate themselves from others. We are able to reflect on our filthy hearts because we are differently intelligent, wealthy, brought up, and beautiful or ugly. I believe my current self has acquired the eyes needed to reflect on my heart from such perspectives.

Of course, when I reborn 250 years from now, I will suffer for some time in the physical world due to myself focusing on the differences between myself and others. That is because the seed of such pain still exists inside me. However, as I have said above, my seeds of pain will no longer grow any larger. My future eyes that will again tend to see things in the wrong way will from some point change dramatically. After experiencing such dramatic change, I will continue on with my life without making

mistakes. This is what making the turn of consciousness has enabled me to be sure of, by which I am honestly amazed.

The plan of the flow of consciousness was that we prepare ourselves our current lifetimes to pursue the study of the heart, and the plan after 250 years from now is that we put what we learned this lifetime to practice.

The plan of the flow of consciousness must not be ruined. The plan requires making the turn of consciousness, because it is the plan of the flow of consciousness. I exist now for the single reason of keeping the promise I made between me and my true self. I faithfully promised my true self that we will return to love, turning our thoughts to the flow of consciousness.

18: When the time comes

Summary

This chapter, titled "When the Time Comes," affirms that everything unfolds according to the natural flow of consciousness—not by human plans, but by a deeper, inevitable rhythm. Those who cling to form and resist this flow will eventually stagnate in confusion. Yet there is no separate realm for the lost; there is only one true world—the world of consciousness. The key is to awaken, not escape. Pain and missteps are mirrors guiding us to release false beliefs. Joy returns naturally when illusion fades, because it was never truly gone. In time, the quiet power of this flow will reveal itself to all.

When the time comes the flow of consciousness will do its work and those truly pursuing the study of the heart will respond to the flow of consciousness as planned. To lead one's life based on the belief that the physical world is the real world is to go against the flow of consciousness. One will not be able to lead his/her life based on the wrong belief forever. If I were asked, "Then, what happens to people who keep leading their lives based on the belief that the physical world is the real world?" I would have to say, "If one cannot flow along with the flow of consciousness, he/she will drown. His/her flow of consciousness will become stagnant, and I do not know whether such a person would be able to float again."

However, I am not saying that the person whose flow of consciousness has become stagnant will be sent to another world. This is because there is only one world to begin with. People who believe the physical world as being the real world will likely find it hard to understand that there is only one world, but the physical world is part of the world of consciousness.

Those who believe that the physical world is the real world need to realize that holding onto such a belief is wrong and then they need to make the turn of consciousness.

Life is about learning from the physical world that one is suffering, realizing that suffering is wrong, and freeing oneself from one's suffering.

If one begins to lead one's life in the way described in the preceding sentence, he/she will come to the realization that he/she had chosen the wrong reason to live and had been pursuing the wrong joy and happiness.

However, once one comes to the preceding realization, he/she will begin to feel happy because happiness was all there existed in the beginning. Happiness will keep pouring out from one's heart forever.

The flow of consciousness will continue to flow steadily and calmly, and as it does, it will accept everything along with it, and anything that does not agree with the flow of consciousness will be weeded out.

People who believe the physical world to be the real world will drown in the flow of consciousness and likely not be able to float again. This may be hard to understand with one's head, but it will sooner or later come to be proven as being the truth.

19: Making the turn of consciousness will also help one grow as a person

Summary

This chapter explains that true joy and happiness come from turning one's consciousness inward—but this journey begins by facing one's own darkness. The belief that "I am right" is revealed as a destructive energy, and its collapse marks the start of real transformation. As consciousness evolves, even flaws and struggles become opportunities for growth. The author shares a heartfelt desire to live in truth, especially in relation to their mother, recognizing her as the source of their physical life. Living with her is now seen as a chance to deepen self-awareness. Ultimately, all beings are on a path of returning to the love that has always embraced them.

If I were asked what one will come to understand if he/she makes the turn of consciousness, I would say, "True joy and happiness."

In the process of making the turn of consciousness, one will come to know that he/she is full of darkness. However, as one makes progress in making the turn of consciousness, he/she will find himself/herself cherishing his/her side that is full of darkness.

If one reflects on his/her heart that says, "I am right and perfect. The person who is wrong is not me but him and her and the whole world," he/she will come to realize that he/she is a chunk of energy that has the potential of cutting the entire world into pieces. I am not sure whether "cutting the entire world into pieces" was the appropriate expression, but that is how dark such our energies are.

Ask yourself whether the statement "I am right and perfect" fits the description of your energy with which you lead your daily life. Please reflect on your heart. Are you sure you are right and perfect? The world from this point on will be making a turn in the direction in which we all will need to find our own answers to the preceding question and change the basis of our lives.

The world will begin to see so many changes take place that people will naturally come to reflect on themselves and on their future. I believe that is the life we should be leading to begin with. Being urged to reflect on ourselves by changes taking place

across the world may not be enough for us to realize where we made our fundamental mistake. However, we will at least have the opportunity to realize how foolish we have been. I believe people will come to change when they come to feel all things flowing in a direction beyond their understanding.

I gradually came to understand with my heart who I truly am. In addition, because I have become able to appreciate life as it is, although I know I still have many things to learn as a person, I do feel that I have grown as a person.

I have now come to think that I want to do what is right for my mother. By that, I do not mean what the general public considers as taking good care of one's mother. I have come to feel that I want to be my true self when I am with my mother, which feeling I suppose is what motivates me to think I want to do what is right for my mother.

My mother gave me my physical body. My mother gave me life. I know my mother could be foolish; in fact, I know she is, as I am too.

However, there is the undeniable truth that she gave me life.

I believe that leading my life with the awareness of what it means to be given life will help me continue to grow as a person.

I am happy that my true self has arranged my circumstances in a way that will allow me to even further make the turn of consciousness by reflecting on my heart while living together with my mother, which will lead to deepening the joy of learning about the world that I had always wanted to know about.

I believe that my true self is arranging my circumstances in a way that will help me continue to make the turn of consciousness.

Our goal is to make the turn of consciousness. All phenomena are arranged in a way that will help all consciousnesses realize that they exist within love.

20: Leading one's life no matter how mediocre a life it may be

Summary

This chapter centers on the author's quiet affirmation: "I walk my own path, modest though it may be." Preferring solitude and rarely swayed by others, the author's independent nature became an unexpected strength on their spiritual journey. Fueled by a deep belief that "truth must exist somewhere," they lived simply but purposefully. A turning point came with their encounter with Taike Tomekichi, who introduced the undeniable reality of the world of consciousness. Since then, the author has walked a path of inner clarity, no longer needing approval from others. With hope for a future reunion 250 years ahead, she live now with joy, guided by love within.

I am not the type of person who is eloquent and efficient.

People may like to be around those who are kind and say such nice things as "Let's handle difficulties together." However, I am not that type of person, so people may find me difficult to be around. My mother has always told me, "I don't understand you."

I am not good at looking after others and do not like to be told how I should handle things. I am not overly serious or particularly well-organized. I am lazy and hate to deal with bothersome matters. I am very self-centered.

In addition, I consider myself as being a lone wolf, which is a risky personality to have because lone wolves tend to make mistakes that lead to going to hell. This is because lone wolves do not listen to others. Lone wolves need to be convinced by themselves. Unless they are self-convinced, they may seem like they are listening, but they are not. They are just playing along.

However, I believe being a long wolf worked to my advantage in pursuing this study of the heart.

I believe being a lone wolf, which may seem like a disadvantage, worked to my advantage because I always purely thought, "I want to learn about the truth to this world."

I got nothing in particular going on for me. But one thing I can call my strength is the fact that I kept pursuing my wish to learn about the truth to this world.

I am convinced that I would not have allowed myself to pass away without learning about the truth to this world, which I

know is what guided someone leading a mediocre life like myself toward making the turn of consciousness.

I also believe my wish to learn about the truth to this world helped me lead a normal life without getting into trouble with others despite being very self-centered.

In fact, I always feel that the flow of consciousness and my true self allow me to lead my life the way I want to, which feeling always makes me happy.

Although I am not the type of person who has such a great ambition as to devote herself to the good of the world, my company, or my family, I know for sure that I am investing my energy in reflecting on the path that led me to where I am today and on my own future.

In addition, although I am a coward and a wimp, I do have my own way of thinking, or what may be called my own principles or philosophy. So I am sure I will not be influenced by others.

I always wanted to choose what is right for me and live my own choices. Of course, I am the type of person who will deal with the consequences of her choices. I am the type of person who needs to be convinced by herself and knows that only she can resolve her own issues. I believe I came to strongly believe in what I just described over the course of my past lifetimes.

I am extremely happy now, knowing that my principles and philosophy finally paid off this lifetime by guiding me toward what I am convinced is the truth.

Mr. Tomekichi Taike taught us the truth. I am extremely

grateful to Mr. Tomekichi Taike for helping me learn about the truth to this world. Without meeting Mr. Tomekichi Taike, there would have not been a bright future for any of us.

I believe I understand with my heart what Mr. Tomekichi Taike taught us. I can say that I am convinced that I feel that we are all one in the world of consciousness.

The feeling that "we are all one in the world of consciousness," which I am feeling, is not an ambiguous one but a realistic one.

I am convinced that we will meet again in 250 years from now and that the plan of the flow of consciousness will be implemented. I am also convinced that, while meeting Mr. Tomekichi Taike this lifetime made me extremely happy, I will be incomparably happier when we reunite in our future lifetime.

That is the relationship between me and Mr. Tomekichi Taike. I do not see Mr. Tomekichi Taike as a teacher, nor do I see him as a role model. I believe seeing Mr. Tomekichi Taike as a teacher or role model would be presumptuous. To me, Mr. Tomekichi Taike is more than just a teacher and a role model.

I am extremely happy that I met Mr. Tomekichi Taike. Meeting him was a once-in-all-past-lifetime opportunity. Mr. Tomekichi Taike introduced me straightforwardly to the answer to the question I had always been asking myself. Mr. Tomekichi Taike had a great impact on my world of consciousness.

Meeting Mr. Tomekichi Taike awakened my true self. I am convinced that I am now proceeding along the path toward establishing myself as an independent practitioner of this study

of the heart. Although the life I currently lead may be a mediocre one, I am full of happiness because I know I am proceeding along that path one step at a time.

I am also convinced that the happiness I am feeling right now will keep becoming greater.

I look forward to my days in my future lifetime in 250 to 300 years from now.

All I need to do now is learn more about my true self, awaken to the love of my true self, and send my true self the energy that says, "We are all one existing within love."

I am happy that I can state I will keep on proceeding along that path that I believe in, turning my thoughts toward the future when many consciousnesses will be responding to our calling.

21: Conclusion

Summary

This concluding chapter reflects on the full journey of "Turning Consciousness," urging readers to face their inner selves with honesty and persistence. There are no shortcuts—only the steady practice of looking at one's heart. The process begins by confronting feelings toward one's mother, revealing deeper patterns of expectation and resentment. It also involves reflecting on past attachments to religion, prayer, or power, uncovering how self-centered and externally dependent the heart has been. Life's disruptions—even disasters—may serve as planned wake-up calls, not punishments. At the core of each person is a true self, quietly guiding the way. When we feel its vibration, joy becomes real. The chapter closes with an invitation: remember why you were born, and take one more step inward—toward love.

Now, up to this point, I have talked about the following items from various perspectives, based on my own foolish experiences: 1) what the turn of consciousness is; 2) how difficult making the turn of consciousness is; 3) why making the turn of consciousness is difficult; 4) why, despite being a difficult thing to do, we need to make the turn of consciousness if we want to learn about the truth to this world; and 5) how we have been reincarnating over and over again, trying to make the turn of consciousness.

I believe everyone is now interested in how one can make the turn of consciousness.

Unfortunately, there is no quick and easy way or technique one can use to make the turn of consciousness. The only way to make the turn of consciousness is to reflect on one's heart carefully and on a daily basis.

No one can make the turn of consciousness without reflecting on his/her heart.

This is because those who do not or do not want to reflect on their heart could be said to be caught up with the belief that the physical world is the real world. If one is caught up with such belief, there is nothing I can do for them. On the other hand, even if one leads his/her life based on the belief that the physical world is the real world, as long as he/she seriously tries to reflect on his/her heart, I believe the basis of his/her life will begin to change.

Now, I would like to explain what it means to reflect on one's heart. To reflect on one's heart is not to look back in time, analyzing where

one made a mistake in life and correcting himself/herself so that he/she will not make the same mistake. To reflect on one's heart is to, while looking back in time, feel the energy that one radiated at each instant he/she reflects on. It is to feel that one actually is an energy.

The first thing one needs to do is reflect on the feelings that surfaced toward his/her mother without trying to make things sound nicer than they actually were. Although I did say "reflect on," reflecting on is not the same thing as allowing such feelings to surface as much as they want, which can cause unwanted problems.

For instance, telling what complaints or other problems one has or had with his/her mother when still at the beginning stages of this study will inevitably cause problems.

If one and his/her mother were both pursuing this study, then telling what complaints or other problems one has or had with one another may work, but in other cases, doing so will only cause problems. I would not recommend using one's time and energy on causing unnecessary problems and then taking care of them.

What I recommend is writing how one feels or felt about his/her mother. Note, however, that there is no perfect mother. Everyone is foolish. Watching and listening to one's foolish mother allows one to feel his/her thoughts surface toward a person most straightforwardly. In addition, what I am about to say is something one will come to realize as he/she practices reflecting on his/her mother, but the thoughts that come surfacing toward one's mother are the same thoughts that came surfacing towards those around oneself. That is why the first thing one needs to do is reflect on his/her mother.

People who came to seminars to practice the study of the heart all began from trying to reflect on their mother on a daily basis.

When reflecting on the thoughts that surfaced toward one's mother, try to remember how you felt toward your mother during events of the following types: 1) things your mother did for you, 2) things your mother did not do for you, and 3) things you did for your mother.

While practicing reflecting on your mother with a particular focus on the above items, also reflect on your history of practicing religions. For instance, although you may have not practiced any religion in particular this lifetime, you may have visited someone's grave at least once or twice. In addition, have you ever paid a shrine a visit on New Year's day? Have you ever made any offerings, such as money, at a shrine or to a Buddhist altar at home and put your hands together to offer a prayer? If you have, reflect on the thoughts that crossed your mind on such occasions. Some people may have prayed to the sun; others may have made a wish on a shooting star.

Reflect on whether you have not prayed for things, made any wishes, or tried to obtain some kind of mysterious power, and/or believed in fortune telling and/or curses. If you have, ask yourself why you had done any of those things; your true self will know the answer.

I assume the answer will be something along the following lines: 1) I wanted someone to help me, 2) I wanted salvation, 3) I wanted to know about mysterious worlds, 4) I wanted to have a mysterious power, and 5) I wanted some kind of power that would enable me to do as I please. You must have visited shrines,

and at times, offered large amounts of money because you wanted such things described above and believed having such things would make you happy. If you take your time to reflect on yourself from such perspectives, I believe you will come to the realization of how greedy you were.

The first thing you need to do is begin practicing reflection.

On every opportunity to practice reflection, reflect on the thoughts that come surfacing toward yourself. Then, breathe from your stomach a couple times, close your eyes, and while reflecting on the thoughts that just came surfacing toward you, call your mother in your heart.

Instead of imagining, "What might happen," "This is what will happen," or "What might I feel?" the secret to the study of the heart is to keep practicing and practicing.

As one reflects on the feelings that surfaced toward one's mother and the feeling that surfaced toward god(s), Buddha, some power, or another entity, a time will come when one begins to wonder, "Why was I born?" "What kind of existence am I?" and "Am I really leading my life the way I should be?" Such thoughts may have crossed your mind at some point earlier in your life; however, during reflection, a time will come when such thoughts come to resonate very strongly.

When you reach this point in your study, events will occur to help you realize that you had made a mistake. Like I said earlier, such events will likely involve people's lives and deaths. Learning from such events is the second step in this study.

Those who seriously practiced reflecting on their hearts will likely begin to feel a change taking place inside themselves. The change may be subtle. Nonetheless, a change taking place is a big difference in your life.

As I mentioned in my book titled Arigato (Thank you), a person's death became a turning point for me. Although this was of course something my true self planned for myself, I know I needed to witness a person's death in order for myself to make the turn of consciousness.

Your true self will tell you what the truth is. Your true self exists inside you and knows the truth.

In addition, I believe natural disasters are the only way left for us to realize with our hearts that our true selves are there to guide our false selves toward the truth.

It may sound a little severe if I were to say, "Since we have come to take peace for granted, natural disasters are the only option left for us." It may be hard to understand that natural disasters are the only way left for us to realize the existence of our true selves, but that is the direction in which the flow of consciousness has already begun to flow. We cannot grab onto the physical world forever. The physical world will begin to be reduced to dust, and it will do so in happiness, all the while sending us the message "Please reflect on yourself trying to grab onto life."

However, even if I were to state this in public, most people will not be able to understand what I am saying. People will not be able to understand what I mean, as long as they hold firmly onto

their daily lives, families, and themselves.

People are not yet ready to understand what I am saying. That is why all sorts of unexpected incidents beyond people's imagination will occur. Natural disasters will be allocated to everyone equally.

The natural disasters about to occur have an enormous amount of energy enough to change people's basis of life in an instant. The flow of consciousness has reached such a point in its flow.

I do not know how many people feel in their heart the preceding statement as being the truth.

Each and every one of us have prepared scenarios for ourselves to become awakened to the truth, while flowing along with the unstoppable and unchangeable flow of consciousness.

Some people may be thinking, "Yeah, but I guess that's fate." However, there is no such thing as fate. Being awakened by natural disasters is something we planned for ourselves. Natural disasters are no coincidences.

Others might be thinking, "I'm being played by fate." However, that is not accurate. Fate is not fooling around with you; you are fooling around with yourself. You are telling yourself to awaken to the truth.

I believe we have been blaming fate, not knowing that we ourselves were trying to tell us to awaken to the truth. We have been putting the blame on fate. But who decides fate? There is the saying "Leave fate to heaven." There is also the saying "The path to glory finally seized after carving out one's destiny and overcoming difficulties."

The former saying says, "leave fate to," while the latter saying

says, "carve out one's destiny." To me, they sound contradictory. I just wanted to point out that even our sayings are messed up.

Because our circumstances are messed up, the results we achieve will also be messed up. Messed up results will be seen much more frequently from now on. In other words, the flow of consciousness will be telling us in a louder voice, "You are leading your lives based on the wrong basis. Please awaken to the truth."

I sincerely look forward to the day when the message "There is only one truth" from the flow of consciousness, inviting us to flow along with it, resonates in everyone's heart.

We need to come to know that the reason we have our physical bodies is not so that we can plant our roots deep in our daily lives. Instead, we have our physical bodies so that we can reflect on our worlds of consciousnesses.

Once one comes to know why one was born and what one had planned to do once he/she was born, one's thoughts towards such matters as his/her work, family, and health will come to change.

I believe one will come to deal with his/her surroundings in a different way. When you arrive at such point in your study, please take another step forward and ask yourself what kind of existence you are. Your true self knows the answer to this question. The love inside you will provide you with the answer. It will answer your question with vibrations. What you will feel then is only happiness. A time will come when you will be able to feel your heart telling you, "Just be happy." When the time comes, please accept what your heart tells you and just exist alongside your true self telling you to be happy.

Afterword

Summary

This final chapter reflects on the journey since the book's first edition in 2007, affirming that while formats have changed, the path to truth remains constant. At the heart of this path is Turning Consciousness—an inner transformation through two essential practices: looking at one's heart and right meditation. These guide us toward the true self, symbolized by Taike Tomekichi, not as a figure but as a direction—toward love.

The author foresees upheavals over the next 300 years—not as punishment, but as calls from consciousness to awaken. Those attuned inward will sense this truth. The message is clear: turn your consciousness and move beyond the third dimension. Only then can we break free from illusion and rediscover that we are, at our core, eternal joy. This life marks the beginning of a greater return—let us walk the path home, together.

The first version of this book was published in August 2007, followed by its second version in July 2011. In publishing this book, the third version, I made revisions throughout the book. With the first edition being published in 2007, and this year being 2015, eight years has passed since this book was first published.

Looking back over the past years, 30 years ago, Mr. Tomekichi Taike began holding two-night-three-day seminars under the following titles: 1) Eruranti no hikari seminar (The Seminar of the Light of Lranti), 2) UTA kai seminar (The Seminar of the UTA Gathering), 3) Ishiki no nagare benkyokai (The Study Group of the Flow of Consciousness), and 4) UTA kai (The UTA Gathering). The first seminar I attended was held in April 1993, so I have been pursuing the study of the heart with Mr. Tomekichi Taike for more than 20 years now. I have made friends with fellow practitioners across the nation. Subsequently, this year, 2015, came to be a turning point for the study of the heart. Seminars held with Mr. Tomekichi Taike at the center came to an end in December 2014, and seminars came to be held under the title "UTA no wa" (The UTA Circle). Of course, although seminars are no longer held with Mr. Tomekichi Taike at the center, our aim of learning about the truth to the world by turning our hearts in the direction in which Mr. Tomekichi Taike pointed remains the same.

This is the reason this revised version of this book came to be published.

In this book, I have said the reason we are born is to make the turn of consciousness. The most important thing in life is making the turn of consciousness. In other words, if asked. "Why we were born," I would say, "To learn of our true selves." Unless one truly comes to understand that we were indeed born to learn of our true selves, one will continue to wander about in the darkness for eternity, just as one has been in his/her past lifetimes.

As I said in "21. Conclusion," the most important point in making the turn of consciousness is to reflect on one's heart. In addition, there is another important point in making the turn of consciousness, which is meditation. By "meditation," I do not mean just any kind of meditation, but the proper kind of meditation. As one comes to be able to meditate properly, he/she will come to make progress in making the turn of consciousness. In addition, as one comes to make the turn of consciousness, the quality of his/her meditation will also be improved. In other worlds, "making the turn of consciousness" and "the proper kind of meditation" work together like the tires on a car—one opens the door to the world of truth and the other keeps opening that door wider and wider.

The last message I would like to leave readers with is as follows: I look forward to seeing you open the door to the world of truth and spin the wheels on your car so that you also can proceed comfortably along the path toward the truth.

By "proceed comfortably along the path toward the truth," I mean flowing along with the flow of consciousness and its plan of

moving onto the next dimension, designed for 250 to 300 years from now.

I look forward to seeing readers respond to the message "let's move onto the next dimension" being sent by the flow of consciousness.

In closing this book, I would like to explain what I mean by meditating properly.

As one makes progress in making the turn of consciousness, one will come to find it fun to meditate. As I said earlier, spend some time on turning your heart toward the thoughts that surface toward you, breathing from your stomach a couple times, and then calling your mother in your heart.

The final step of meditation is to turn one's heart toward Tomekichi Taike, trust in him, and leave everything to him.

Of course, by "Tomekichi Taike," I mean the same Mr. Tomekichi Taike who has been holding seminars for us for the past 30 years.

However, when I say, "turn one's heart toward Tomekichi Taike," I do not mean the person "Mr. Tomekichi Taike." Rather, I mean the world of consciousness, located in the direction in which Mr. Tomekichi Taike points.

In other words, when Mr. Tomekichi Taike says, "Turn your heart toward me," he is saying to turn your heart toward your true self that exists inside yourself.

Another thing Mr. Tomekichi Taike says is that our true selves are love just like he is himself. He says that our true selves are

existences that radiate an infinite amount of the energy of love. He says that we are consciousnesses, energies, and love, and he says that we are one.

Mr. Tomekichi Taike says, "The world of Tomekichi Taike is full of joy and warmth. The world of Tomekichi Taike exists in everyone's heart. Therefore, it is a truly foolish thing to try to search for something that will help you relax or heal you without knowing the world of Tomekichi Taike."

Mr. Tomekichi Taike says, "Please reflect on your heart that tends to search outside of itself when you want to feel relaxed, healed, and warmth. What kind of condition do you think a heart that searches outside itself for relaxation, healing, and warmth is in? On the other hand, why do you think people feel lonely? Why do you think people feel empty? Why do you think people feel lonely and empty, no matter how much of everything they have, what large amount of money they have, and what large number of others they are surrounded by? If one knew that he/she had warmth, joy, and peace inside himself/herself, he/she would not have needed to search outside himself/herself. However, people have always been, over many past lifetimes, searching for warmth, joy, peace, and healing outside themselves. I believe we need to accept the fact that we have forgot who our true selves were and come to believe our physical bodies as being ourselves and thereby only been interested in ourselves as existences in the physical world. As long as one continues to believe his/her physical body as being himself/herself, one will not be able

to free himself/herself from feeling lonely and empty, and one must know how painful that must be. One will of course not be able to consider himself/herself as being happy as long as he/she continues to believe his/her physical body as being himself/herself. In addition, as long as one is not aware of the fact that he/she is truly happy, one would not be able to help others become happy. If one comes to understand the preceding statement, he/she will come to also understand how arrogant it is to try to help others become happy and how foolish it is to ask others to make you happy."

As one begins to make the turn of consciousness, he/she will come to understand with his/her heart what is said in the preceding quotations of Mr. Tomekichi Taike.

In addition, there is another thing that one will come to understand as he/she begins to make the turn of consciousness.

He/she will come to understand the message "Let's proceed along the path toward moving onto the next dimension together" being sent by the flow of consciousness.

The flow of consciousness says, "The time remaining for people on earth to continue receiving messages from the flow of consciousnesses has reached its final 300 years. In these 300 years, the planet of earth will undergo many natural disasters. The flow of consciousnesses will continue to send the message of 'let's move onto the next dimension together' to consciousnesses that come to have physical bodies on the planet of earth. The flow of consciousnesses will do so by triggering natural disasters.

In addition, the scale and magnitude of the natural disasters about to occur are way beyond what people could possibly imagine. The flow of consciousnesses will continue to send the message of 'let's move onto the next dimension' by triggering such enormous natural disasters. The flow of consciousnesses are energies of love. The flow of consciousnesses exist as energies, and being energies of love, they will begin carrying out their work in the near future."

As I meditate, I feel thoughts describable along the preceding lines.

I believe what the flow of consciousness says in its messages is completely beyond the knowledge of people who believe the physical world as being the real world. I assume such people would not be able to believe what the flow of consciousness says. However, I can see what the flow of consciousness says happening. Messages from the flow of consciousness resonate in my heart. I can feel with my heart the fact that we will be undergoing various events and thereby be sending messages back to the flow of consciousness over the course of the next 300 years.

In addition, the flow of consciousness and I will be sending the messages "Let's proceed along the path toward the truth together" and "We will be waiting for you forever."

However, note that those who choose to understand such messages as meaning what they want them to mean will misunderstand them. This is because, if one has not made any progress in making the turn of consciousness, he/she will likely not be aware of the fact that kindness comes with strictness.

The messages "Let's proceed along the path toward moving onto the next dimension together" and "We will be waiting for you forever" conveys the joy of establishing oneself as an independent practitioner of the study of the heart. By "joy," here, I mean the joy of the world of consciousness, where the following formula will always prove to be true: $1 + 2 = 3$. In the world of consciousness, such a formula as $1 + 2 \fallingdotseq 3$ does not exist.

A message sent from the source of happiness comes with strictness. I hope readers properly understand the messages from the flow of consciousness.

The time we have remaining this lifetime will be one in which each and every one of us will come to be faced with the need to consider which path each of them will choose to take. We will all need to consider how we will choose to exist, live, and eventually pass away.

I look forward to seeing everyone feel with their heart the kindness and love that comes to be directed toward themselves as they take up the practice of properly meditating and reflecting on their hearts and dosing so as much as possible while they still have their physical bodies.

Those who do take up such a practice will come to feel with their heart the world of consciousness, and the more they do, the stronger they will feel the strictness of the study of the heart.

As long as one pursues the study of the heart for a selfish reason, he/she will either find the study as being too strict or unacceptable.

However, as one comes to listen to the thoughts of his/her true self and understand true joy and happiness with one's heart, he/she will come to understand that strictness is what true love and warmth is.

He/she will find that a world of consciousness does indeed exist. If one comes to understand that the world of consciousness is where he/she exists, he/she will come to understand that the present and future exists in strictness and in happiness.

The flow of consciousness will prove itself to be true over the next 300 years. I am confident that the world of consciousness is in the process of proving itself. My true self tells me that the world of consciousness is not such an insignificant existence as the voice of heaven or of god(s). All I intend to do from here on is continue practicing what the true world taught me.

As I said earlier, mistakes will be reduced to dust, starting our lifetime. The world of consciousness will begin to change greatly, starting our lifetime. In other words, events that urge their experiencers to make the turn of consciousness will happen to everyone. What choice one will make when the time comes is up to each of us. However, we must remember that making a choice comes with responsibility.

The time we have left on this planet is 300 years. I do not know whether earth will still exist after 300 years.

My true self tells me that I will no longer be reincarnating on this planet after 300 years. My true self tells me that I will be returning to my true world after 300 years.

As Mr. Tomekichi Taike said, "Consciousnesses exist for eternity and we all exist in true happiness."

I look forward to seeing readers make the turn of consciousness.

I also look forward to seeing readers come to realize that the time they have left exists so that they can come to know their true selves.

Making the turn of consciousness is undoubtedly a path to joy.

I look forward to seeing readers join the flow of consciousness in its journey of moving onto the next dimension.